



慢煮海南雞

做法

- 01 葱段、薑片放入雞湯，煮滾備用
- 02 洗淨及印乾雞內外，切去雞頭、雞腳、尾部及油脂部分
- 03 以鹽均勻塗上雞身內外
- 04 雞放進雞湯內，浸過雞身，煮滾後熄火
- 05 把原鍋放入Miele蒸爐，以攝氏75度蒸浸2小時
- 06 出爐後雞身即浸冰水。放涼印乾後斬件，即可享用

材料

黃油雞	1隻(約1斤)
薑片	150克
葱段	20克
雞湯	2公升
鹽	2茶匙

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貼士

- 蒸煮後雞身浸冰水急速冷卻，確保雞皮完整、肉質嫩滑
- 以攝氏75度低溫蒸浸，簡單輕鬆完成慢煮菜式



2 小時



3~4 人份

SLOW COOKED HAINANESE CHICKEN

METHOD

- 01** Add in sectioned scallion and ginger slices to chicken stock, bring to a boil then set aside
- 02** Rinse and dry the chicken inside and out, cut away the head, feet, tail and fatty parts
- 03** Season the chicken with salt, both inside and out
- 04** Put the chicken into the chicken stock, ensure the body is fully submerged in the stock, bring to a boil then turn off the heat
- 05** Place the pot into the Miele Steam Oven, steam at 75°C for 2 hours
- 06** Soak the chicken into a bath of ice water after steamed, let cool and dry, then chop into pieces and it is ready to serve

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INGREDIENTS

Corn Fed Chicken	1 pc (Around 1 catty)
Sliced Ginger	150 g
Scallion	20 g (Sectioned)
Chicken Stock	2 L
Salt	2 tsp



TIPS

- Soak the chicken in ice water after steaming to ensure the skin is intact and meat remains tender
- Temperature precision is very important for slow-cooking. Steaming at 75°C low heat is an easy and convenient way in preparing slow-cooked dishes

2 h

3~4 persons