

Miele

慢煮龍蝦 配蘆筍伴甘荀蓉汁

做法

- 01 將龍蝦尾用百里香、檸檬青、橄欖油、鹽及胡椒作調味
- 02 然後放入Miele蒸爐，以攝氏55度蒸30分鐘，備用
- 03 青蘆筍去皮後放入蒸爐，以攝氏95度蒸2分鐘，備用
- 04 甘荀去皮後放入蒸爐，以攝氏100度蒸50分鐘。軟身後放入攪拌機，打至幼滑
- 05 以甘荀蓉及蘆筍作擺盆再放上已慢煮的龍蝦尾，即可享用

材料

| | |
|------|------|
| 龍蝦尾 | 1隻 |
| 鹽及胡椒 | 適量 |
| 橄欖油 | 1湯匙 |
| 百里香 | 1棵 |
| 檸檬青 | 1/4隻 |
| 青蘆筍 | 3-4條 |
| 甘荀 | 1條 |



貼士

- 處理龍蝦時，切忌浸水或過份用水沖洗，以免龍蝦肉發霉
- 利用Miele蒸爐可以長時間穩定控制溫度，讓低溫慢煮食物效果更完美



1.5~2 小時



1~2 人份

網上教學短片



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Miele



Miele Hong Kong





SLOW COOKED LOBSTER TAIL WITH GREEN ASPARAGUS AND CARROT PURÉE

METHOD

- 01** Season the lobster tail with thyme, lemon zest, olive oil, salt and pepper
- 02** Then put into a Miele steam oven and steam at 55°C for 30 minutes, set aside
- 03** Peel the green asparagus and put into a Miele steam oven, steam at 95°C for 2 minutes, set aside
- 04** Peel the carrots and put into a Miele steam oven, steam at 100°C for 50 minutes. Then put in a blender and beat until smooth
- 05** Place the carrots purée and asparagus on the plate, then put the slow cooked lobster tails on top. It is ready to serve

INGREDIENTS

| | |
|-----------------------|----------|
| Lobster Tail | 1 pc |
| Salt and Pepper | Moderate |
| Olive Oil | 1 tbsp |
| Thyme | 1 bunch |
| Lemon Zest | 1/4 pc |
| Green Asparagus | 3-4 pcs |
| Carrot | 1 pc |

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TIPS

- Avoid over-washing or soaking the lobster in water, otherwise the texture will be mushy
- With a Miele Steam Oven, the temperature can be precisely controlled in long time, creating perfect results for slow-cooked food

🕒 1.5~2 h

👤 1~2 persons