

低溫浸煮豉油雞

做法

- 01 洗淨鮮雞備用
- 02 中火加熱煮食鍋然後加入食用油，炒香花椒、八角、蒜頭、薑蔥等材料
- 03 再放入水、生抽、老抽、蠔油及冰糖等調味料
- 04 煮至滾起後，加入玫瑰露
- 05 將鮮雞放入已調好味道的豉油汁內，再放入Miele蒸爐以攝氏75度蒸煮2小時
- 06 完成後可取少量湯汁，煮至杰身。淋上豉油雞即可享用

材料

鮮雞	1隻
蒜頭	3-4粒
蔥	2棵
薑	3片
花椒	1湯匙
八角	1粒
油	30毫升
水	3公升
生抽	500毫升
老抽	100毫升
蠔油	30毫升
冰糖	120克
玫瑰露	30毫升

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貼士

- 豉油雞完成後，待涼才切開，雞皮更有韌性，不容易爆開
- 利用Miele蒸爐讓雞肉在蒸氣烹調下熟得平均，而且利用蒸浸方式，讓雞更入味

🕒 2.5 小時

👤 1~2 人份



SLOW COOKED SOY SAUCE POACHED CHICKEN

METHOD

- 01** Rinse the chicken and set aside
- 02** Heat the cooking pot at medium heat, add cooking oil and fry pepper, star anise, garlic, ginger and spring onions
- 03** Add in water, soy sauce, dark soy sauce, oyster sauce, rock sugar and other seasonings
- 04** When boiled, add in rose dew
- 05** Put the chicken into the soy sauce that has been adjusted to taste, then steam in Miele steam oven at 75°C for 2 hours
- 06** When finished, take a small amount of broth and cook until it is thickened. Serve with soy sauce chicken

INGREDIENTS

Fresh Chicken	1 pc
Garlic	3-4 pcs
Spring Onion	2 pcs
Ginger	3 pcs
Sichuan Pepper	1 tbsp
Star Anise	1 pc
Cooking Oil	30 ml
Water	3 L
Soy Sauce	500 ml
Dark Soy Sauce	100 ml
Oyster Sauce	30 ml
Rock Sugar	120 g
Rose Dew	30 ml

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TIPS

- Remember to let the chicken rest for a while before portioning it, to keep the tenderness of its skin
- With a Miele Steam Oven, the chicken is cooked thoroughly and evenly in a constant temperature without fluctuations, resulting in a more flavourful, juicy and tender chicken

2.5 h

1~2 persons