



## SLOW ROASTED TOMAHAWK

### METHOD

- 01 Season the tomahawk with salt and pepper, chill in the fridge overnight.
- 02 Take out the tomahawk, wipe it dry, and then season again with salt and pepper.
- 03 Sear the tomahawk on a griddle for a while, set aside.
- 04 Preheat Miele oven using the "Fan Plus" function to 110°C.
- 05 Plug the wireless food probe into the tomahawk, set the core temperature at 55°C.
- 06 Bake the tomahawk with garlic and thyme in the preheated oven. The oven will stop the cooking programme when the tomahawk has reached the pre-set core temperature. Ready to serve.

### INGREDIENTS

Tomahawk .....	1 pc
Salt and Pepper .....	Moderate
Garlic .....	1 pc
Thyme .....	2 pcs

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#### TIPS

- Select 100°C-130°C for slow roasting for an ideal juicy results.
- With a wireless food probe, the doneness of the tomahawk can be easily monitored as the core temperature can be precisely controlled.



30 mins



4 persons

## 低溫烤焗斧頭扒

### 做法

- 01 斧頭扒以鹽及胡椒調味，放入雪櫃冷藏1晚。
- 02 取出斧頭扒抹乾，再以鹽及胡椒調味。
- 03 斧頭扒放在烤盤上燒煮片刻，備用。
- 04 以「風扇加強」模式預熱焗爐至攝氏110度。
- 05 把無線食物探針插入斧頭扒內，並將中心溫度調教至攝氏55度。
- 06 將斧頭扒，蒜頭及百里香放入已預熱的焗爐。當斧頭扒到達預設的中心溫度時，煮食程序便會自動完結。即可享用。

### 材料

斧頭扒 .....	1件
鹽及胡椒 .....	適量
蒜頭 .....	1粒
百里香 .....	2條

網上教學短片



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貼士

- 低溫烤焗可選擇攝氏100至130度溫度範圍，效果更為多汁。
- 利用食物探針可以穩定控制溫度，輕易掌控斧頭扒的生熟程度。



30 分鐘



4 人份