

SLOW-COOKED MONKFISH WITH KELP SOUP

METHOD

- 01** Marinate the monkfish with ginger, mirin and Kikkoman soy sauce then put into the vacuum bag. Use the Miele Vacuum Sealing Drawer to vacuum seal with level 3 vacuum and level 2 sealing setting.
- 02** Select “Sous-vide” program at Miele Steam Oven and sous-vide the monkfish in the bag at 56°C for 25 minutes.
- 03** Boil the water with kelp and Kikkoman soy sauce to make the kelp soup.
- 04** Take out the monkfish from the steam oven. Add kelp soup to it.
- 05** Ready to serve.

INGREDIENTS

Monkfish	350 g
Ginger	10 g
Kikkoman Soy Sauce	10 g
Mirin	20 g

Kelp Soup

Kelp	10 g
Water	300 ml
Kikkoman Soy Sauce	10 g

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Tips

- Debone the monkfish for easier control of cooking time.
- By using Miele Vacuum Sealing Drawer with Miele Steam Oven, the sauce could be absorbed by monkfish thoroughly. The monkfish could also be cooked evenly with constant temperature, resulting in a more flavourful dish.



35 mins



2 persons

慢煮安康魚配昆布湯

做法

- 01 先將安康魚、薑、萬字醬油及味醂放入真空袋，然後放入Miele真空處理櫃，以第三級吸力和第二級熱力密封並抽空真空袋。
- 02 將真空袋放入Miele蒸爐內，選用「Sous Vide」模式以攝氏56度慢煮25分鐘。
- 03 將水、昆布及萬字醬油一同煮沸成昆布湯。
- 04 從蒸爐內取出安康魚，注入昆布湯。
- 05 完成後即可享用。

材料

安康魚	350克
薑	10克
萬字醬油	10克
味醂	20克

昆布湯

昆布	10克
水	300毫升
萬字醬油	10克

網上教學短片



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貼士

- 去除魚骨的話，烹調時間及溫度將更易控制。
- 利用Miele真空處理櫃配合蒸爐烹調，讓醬汁全面滲透入安康魚內。安康魚在蒸氣烹調下熟得平均之餘，亦更快入味。

🕒 35 分鐘

👤 2 人份