



SLOW-COOKED SEABASS STUFFED WITH SHRIMP MOUSSE

METHOD

- 01 Remove all bones from the sea bass fillet by using the bone tweezers.
- 02 Use a blender to blend shrimp meat, cream and salt into smooth mousse. Set aside.
- 03 Use a knife to cut along the thick part of the fillet horizontally. Then stuff the shrimp mousse into the openings.
- 04 Put the stuffed sea bass fillet, salt, pepper, olive oil, fennel slices and fennel seeds into a vacuum bag and vacuum seal in the Miele Vacuum Sealing Drawer with level 3 vacuum and level 2 sealing setting.
- 05 Select "Sous-vide" program at Miele Steam Oven and sous-vide the fillet in the bag at 58°C for 30 minutes.
- 06 Take out the seabass fillet once done. Then sear the fillet skin with high heat on a pan until golden brown.
- 07 Pour the remaining sauce from the vacuum bag into a pot. Add in cream, white wine, butter and dill, then mix well and bring it to boil.
- 08 Plate the sea bass fillet and sauce. Ready to serve.

INGREDIENTS

Sea Bass Fillet	1 pc (180-200 g)
Fennel (Sliced)	1/4 pc
Fennel Seed	1 tbsp
Salt	Moderate
Pepper	Moderate
Olive Oil	Moderate
Cream	2 tbsp
White Wine	50 ml
Butter	30 g
Dill	Moderate

Shrimp Mousse

Shrimp Meat	180 g
Cream	60 g
Salt	Moderate

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Tips

- Pat dry the skin of the fillet before searing to achieve golden brown colour more easily.
- With the Miele Steam Oven, the steaming temperature can be precisely controlled in long time, creating perfect results for sous-vide dishes.



1.25 h



1 person

真空低溫慢煮 鱸魚釀蝦慕絲

做法

- 01 用夾鉗將鱸魚塊去骨。
- 02 將蝦肉、忌廉和鹽放入攪拌機，並攪拌成細滑慕絲狀，備用。
- 03 用刀於魚塊厚身位置打橫鏢開，然後將蝦慕絲釀入其中。
- 04 將魚塊、鹽、胡椒、橄欖油、茴香和茴香籽放入真空袋，用Miele真空處理櫃以第3級吸力和第2級熱力抽空並密封真空袋。
- 05 將真空袋放入Miele蒸爐中，用「Sous Vide」模式以攝氏58度慢煮30分鐘。
- 06 完成後取出魚塊，在熱鑊上以大火煎香魚塊表皮金黃色。
- 07 倒出真空袋內的醬汁至煲中，加入忌廉、白酒、牛油和蒔蘿草拌勻煮滾。
- 08 將醬汁和魚塊上碟，即可享用。

材料

鱸魚柳	1件 (180-200克)
茴香 (切片)	1/4隻
茴香籽	1湯匙
鹽	適量
胡椒	適量
橄欖油	適量
忌廉	2湯匙
白酒	50毫升
牛油	30克
蒔蘿草	適量

蝦慕絲

蝦肉	180克
忌廉	60克
鹽	適量

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貼士

- 煎香魚皮前，可先印乾水份，以更易煎出金黃色。
- 利用Miele蒸爐可以長時間穩定控制溫度，讓真空低溫慢煮食物效果更完美。



1.25 小時



1 人份