



## SLOW COOKED SPANISH CARABINEROS SHRIMP WITH SAFFRON BIANCO SAUCE

### METHOD

- 01 Rinse the shrimp, remove its shell and the insides. Skew it with a needle and set aside.
- 02 Proportionate the lentil beans to water (1:1.5), steam in Miele steam oven at 100°C for 20 minutes, set aside.
- 03 Make the saffron sauce. Soak saffron in water for 10 minutes until the water turns yellow. In a pot, stir-fry shallots and garlic, add white wine and fish stock. Let it boil then add in saffron with water. Set aside.
- 04 Put the shrimp into the saffron sauce and steam it in Miele steam oven at 90°C for 3 minutes.
- 05 Take out the sauce and add a bit into the pan. Cook the lentil beans with medium heat.
- 06 Plate the lentil beans in a ring shape then place the shrimp on top. Add in saffron sauce, ready to serve.

### INGREDIENTS

|                            |       |        |
|----------------------------|-------|--------|
| Spanish Carabineros Shrimp | ..... | 1 pc   |
| Lentil Beans               | ..... | 100 g  |
| Water                      | ..... | 150 ml |
| Salt and Pepper            | ..... | Few    |

#### Saffron Sauce

|            |       |               |
|------------|-------|---------------|
| Saffron    | ..... | 2 g           |
| Shallots   | ..... | 10 g (Sliced) |
| Garlic     | ..... | 5 g (Sliced)  |
| White Wine | ..... | 30 ml         |
| Fish Stock | ..... | 200 ml        |
| Water      | ..... | 100 ml        |

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Tips

- The shrimp has to be cleansed thoroughly.
- Steaming at 85°C- 90°C can better retain the flavour and moisture of the seafood, resulting in a juicy and tender texture.



30-40 mins



1 person



## 慢煮白酒藏紅花 西班牙紅蝦

### 做法

- 01 紅蝦洗淨，去除殼及內臟，用針撐開定型備用。
- 02 將扁豆按比例加水 (1:1.5)，放入Miele蒸爐內以攝氏100度蒸煮20分鐘，備用。
- 03 製作藏紅花湯汁，先把藏紅花用水浸泡10分鐘至水呈黃色。炒香紅蔥頭片及蒜頭，加入白酒和魚湯煮滾。再加入藏紅花水，備用。
- 04 紅蝦放入藏紅花湯汁，然後放入Miele蒸爐內以攝氏90度蒸煮3分鐘。
- 05 將小部份已經蒸煮的湯汁放入鍋中，加入扁豆，用中火煮熱。
- 06 將扁豆以環型放在碟上，把蝦放上表面。加入藏紅花湯汁，即可享用。

### 材料

|       |       |
|-------|-------|
| 西班牙紅蝦 | 1隻    |
| 扁豆    | 100克  |
| 水     | 150毫升 |
| 鹽及胡椒  | 少量    |

#### 藏紅花湯汁

|     |          |
|-----|----------|
| 藏紅花 | 2克       |
| 紅蔥頭 | 10克 (切碎) |
| 蒜頭  | 5克 (切片)  |
| 白酒  | 30毫升     |
| 魚湯  | 200毫升    |
| 水   | 100毫升    |

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貼士

- 烹調紅蝦前必須徹底清潔腸臟。
- 以攝氏85至95度蒸煮海鮮，可以保留肉質彈性，鮮味及水份，效果更理想。



30-40 分鐘



1 人份