



SOUS-VIDE PLUM WINE PEAR WITH CARMELISED APRICOT

METHOD

- 01 Peel the blush pears, set aside.
- 02 For the mixture, mix lemon zest, cinnamon ground, star anise, black sugar plum wine and water.
- 03 Put the pear into the mixture. Steam in a Miele steam oven at 90°C for 1 hour and 15 minutes.
- 04 Cut apricot in half and remove the seeds. Sprinkle with sugar and lightly torch it. Set aside.
- 05 Place the pear on a plate together with the apricot, add a few mixture to serve.

INGREDIENTS

Blush Pear	4 pcs
Apricot	2 pcs
Sugar	20 g

Plum Wine Mixture

Lemon Zest	1/2 pcs
Cinnamon Ground	1 g
Star Anise	1/4 pcs
Black Sugar Plum Wine	300 ml
Water	300 ml

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TIPS

- For a softer texture of the pear, select a higher steaming temperature.



1.5 h



4 persons



蒸燉梅酒梨 伴焦糖黃杏

做法

- 01 胭脂梨洗淨去皮，備用。
- 02 製作梅酒汁。把檸檬青、肉桂粉、八角、黑糖梅酒及水拌勻。
- 03 把梨放入梅酒汁，然後放入Miele蒸爐內以攝氏90度蒸燉1小時15分鐘。
- 04 黃杏切半後去核並灑上糖，再用火槍輕炙，備用。
- 05 蒸燉完成後將梨放在碟上，伴以黃杏及梅酒汁，即可享用。

材料

胭脂梨	4個
黃杏	2個
糖	20克

梅酒汁

檸檬青	1/2隻
肉桂粉	1克
八角	1/4粒
黑糖梅酒	300毫升
水	300毫升

網上教學短片



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貼士

- 可因應自己口感選擇調高溫度，令到梨子質地軟身。



1.5 小時



4 人份