

## SOUS-VIDE JAPANESE MISO MARINATED SILVER COD

### METHOD

- 01 Pour miso, mirin, Yakisoba sauce and sugar into a bowl and mix well.
- 02 Put cod fish and marinade into a vacuum bag. Vacuum seal in the Miele Vacuum Drawer with level 3 vacuum and level 2 sealing setting. Then rest at room temperature for 30 minutes to marinate the cod fish.
- 03 After marinated, steam the fish-in-bag with "Sous Vide" program at Miele Steam Oven at 55°C for 30 minutes.
- 04 Preheat a Miele Oven with "Full Grill" function to 220°C.
- 05 Take out the steamed cod fish from the vacuum bag. Bake the fish in the preheated Miele Oven at 220°C for 8 minutes with the "Full Grill" function.
- 06 Take the cod fish out when done and brush yakisoba sauce on top. Garnish with lemon wedges and serve hot.

### INGREDIENTS

Cod Fish .....	200 g
Miso .....	10 g
Mirin .....	1 tbsp
Yakisoba Sauce .....	2 tbsp
Yakisoba Sauce (Garnish) .....	Moderate
Sugar .....	1 tbsp
Lemon Wedges (Garnish) .....	1/2 pc

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Tips

- Remove the fish bone at the first step for easier tasting.
- With a Miele Steam Oven, the steaming temperature can be precisely controlled over a long time, creating perfect results for slow cook dishes.

1 h

1~2 persons

## 京燒鱈魚

### 做法

- 01 將味噌、味醂、日式燒汁及糖拌勻。
- 02 將鱈魚及味噌醃料倒入真空袋中，用Miele真空處理櫃以第三級吸力及第二級熱力密封並抽空真空袋，室溫下放置30分鐘醃製鱈魚。
- 03 醃製完成後，將真空袋放入Miele蒸爐內，以攝氏55度蒸30分鐘。
- 04 以「完全燒烤」模式預熱Miele焗爐至攝氏220度。
- 05 將蒸好的鱈魚從真空袋取出，放入已預熱的焗爐內，以「完全燒烤」模式用攝氏220度焗8分鐘。
- 06 取出鱈魚，並在其表面掃上一層日式燒汁，配上檸檬角作裝飾，即可趁熱享用。

### 材料

鱈魚 .....	200克
味噌 .....	10克
味醂 .....	1湯匙
日式燒汁 .....	2湯匙
日式燒汁 (掃於鱈魚上) .....	適量
糖 .....	1湯匙
檸檬角 (裝飾用) .....	1/2個

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貼士

- 醃製前可先去除魚骨，更方便進食。
- 利用蒸爐可以長時間穩定控制溫度，讓低溫慢煮食物效果更完美。



1 小時



1~2 人份