

SOUS-VIDE MACKEREL AND GREEN PAPAYA SALAD

METHOD

- 01** Put the Mackerel fillet and marinade ingredients into a vacuum bag. Vacuum seal in the Miele Vacuum Drawer with level 3 vacuum and level 2 sealing setting.
- 02** Steam the fish-in-bag in the Miele Steam Oven using “sous vide” function at 75°C for 10 minutes.
- 03** Prepare the green papaya salad. Mix the salad dressing, then add in the remaining ingredients and mix well. Plate on the dish and set aside.
- 04** Preheat the Miele Gourmet Griddle Plate.
- 05** Take out the fish fillet from the bag when the steaming process is done. Pat dry the fish skin.
- 06** Grill the fish fillet with skin side facing the Miele Griddle Plate until grill marks are made.
- 07** Put the fish fillet on top of the salad. Ready to serve.

INGREDIENTS

Mackerel Fillet	150 g
Green Papaya (Shredded)	20 g
Carrot (Shredded)	20 g
Tomato (Shredded)	20 g
Red Chicory	1 pc
Fried Onion	1 tsp
Peanut (Crushed)	1 tsp
Mint	Moderate
Coriander	Moderate
Thai Basil	Moderate

Marinate

Fish Sauce	1 tbsp
Ground White Pepper	Moderate
Oil	1 tbsp

Salad Dressing

Fish Sauce	15 ml
Sugar	5 g
Lime Juice	10 ml
Water	5 ml

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Tips

- Thai lime is recommended for better flavour.
- With a Miele Steam Oven, the steaming temperature can be precisely controlled over a long time, creating perfect results for sous-vide dishes.



30 mins



4 persons

慢煮鯖魚配青木瓜沙律

做法

- 01 將醃料及鯖魚柳放入真空袋，用Miele真空處理櫃以第三級吸力和第二級熱力抽空並密封真空袋。
- 02 把真空袋放入Miele蒸爐內，用「Sous Vide」功能以攝氏75度煮10分鐘。
- 03 製作青木瓜沙律。先調好沙律汁，然後與其他配料拌勻，上碟備用。
- 04 預熱Miele燒烤板。
- 05 低溫蒸煮完成後，取出魚柳並印乾表皮。
- 06 以燒烤板烤魚，注意表皮朝向燒烤板，直到烤出坑紋。
- 07 將魚柳放在沙律上即可享用。

材料

鯖魚柳	150克
青木瓜 (切絲)	20克
胡蘿蔔 (切絲)	20克
蕃茄 (切絲)	20克
紅色菊苣	1棵
炸洋蔥	1茶匙
花生 (切碎)	1茶匙
薄荷	適量
芫荽	適量
泰國羅勒	適量

鯖魚醃料

魚露	1湯匙
白胡椒粉	適量
油	1湯匙

沙律汁

魚露	15克
糖	5克
青檸汁	10毫升
水	5毫升

網上教學短片



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貼士

- 揀選泰國青檸，味道更佳。
- 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。



30 分鐘



4 人份