

SOUS-VIDE SCALLOP WITH PICKLED ASPARAGUS

METHOD

- 01 Put water, sugar, clove and white peppercorn in a pot and bring it to boil. After cooling down, add in white vinegar and set aside.
- 02 Peel the white asparagus and trim off around 5 cm from the bottom.
- 03 Put the vinegar mixture and white asparagus into a vacuum bag. Vacuum seal in the Miele Vacuum Sealing Drawer with level 3 vacuum and level 2 sealing setting.
- 04 Put all ingredients for hazelnut butter in a bowl and mix well. Then put the mixture on a cling film and roll up to shape. Keep in the fridge until firm. Set aside.
- 05 Season sashimi scallops with salt and pepper. Put the scallops, olive oil and dill into a vacuum bag. Vacuum seal in the Miele Vacuum Sealing Drawer with level 3 vacuum and level 2 sealing setting.
- 06 Select "Sous-vide" program at Miele Steam Oven and sous-vide the scallop in the bag at 55°C for 30 minutes.
- 07 Take out the scallops once done. Cut a 3 mm slice of hazelnut butter and place it on each scallop. Use a torch to slightly burn the butter until golden brown.
- 08 Plate the pickled asparagus with the scallops. Ready to serve.

INGREDIENTS

Sashimi Scallops	3 pcs
Salt	Moderate
Pepper	Moderate
Olive Oil	Moderate
Dill	Moderate

Hazelnut Butter

Hazelnut (Crushed)	120 g
Soft Butter	250 g
Italian Parsley (Chopped)	10 g
Salt	Moderate
Pepper	Moderate
Egg Yolk	1 pc

Pickled Asparagus

White Vinegar	30 ml
Water	120 ml
Sugar	20 g
Clove	4 pcs
White Peppercorn	10 pcs
White Asparagus	2 pcs

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Tips

- Please choose scallops in sashimi grade to avoid food poisoning.
- With a Miele Steam Oven, the steaming temperature can be precisely controlled in the long time, creating perfect results for sous-vide dishes.



45 mins



1 person

真空低溫慢煮帶子 配醋漬白蘆筍

做法

- 01 將水、糖、丁香及白胡椒粒放入煲中煲滾，放涼後加入白醋，備用。
- 02 將白蘆筍去皮，切去底部約5厘米。
- 03 將醋水及白蘆筍放入真空袋，然後用 Miele 真空處理櫃以第3級吸力和第2級熱力密封並抽空真空袋。
- 04 將製作榛子牛油的所有材料拌勻，放於保鮮紙上並捲成條狀，然後放入雪櫃雪硬，備用。
- 05 將刺身帶子以鹽和胡椒調味，與橄欖油和蒔蘿草一同放入真空袋，然後用 Miele 真空處理櫃以第3級吸力和第2級熱力密封並抽空真空袋。
- 06 將真空袋放入 Miele 蒸爐內，用「Sous Vide」功能以攝氏55度慢煮30分鐘。
- 07 完成後取出帶子，切出3毫米厚的榛子牛油，放於每粒帶子上，然後用火槍炙牛油表面至焦香。
- 08 將醋漬白蘆筍和慢煮帶子擺盤，即可享用。

材料

刺身帶子	3粒
鹽	適量
胡椒	適量
橄欖油	適量
蒔蘿草	適量

榛子牛油

榛子(打碎)	120克
軟牛油	250克
意大利番茜(切碎)	10克
鹽	適量
胡椒	適量
蛋黃	1隻

醋漬白蘆筍

白醋	30毫升
水	120毫升
糖	20克
丁香	4粒
白胡椒粒	10粒
白蘆筍	2條

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貼士

- 請選用刺身級數的帶子，避免食物中毒。
- 利用 Miele 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。



45 分鐘



1 人份