



SOUS-VIDE SEA BASS FILLET WITH CELERY ROOT AND FENNEL PURÉE

METHOD

- 01 Remove all bones from the sea bass fillet with bone tweezers.
- 02 Put the sea bass fillet, salt, pepper, 20 ml olive oil, shaved fennel and dill into a vacuum bag. Vacuum seal the bag in the Miele Vacuum Sealing Drawer with level 3 vacuum and level 2 sealing setting.
- 03 Select "Sous-vide" program at Miele Steam Oven and sous-vide the fillet in the bag at 57°C for 25 minutes.
- 04 Put the chopped celery root and fennel into a vacuum bag and season with salt, pepper and a bit of olive oil. Use the Miele Vacuum Sealing Drawer to vacuum seal the bag with level 3 vacuum and level 2 sealing setting.
- 05 Steam the bag with the Miele Steam Oven at 95°C for 45 minutes. Take out the mixture when done. Then blend everything with a food processor until smooth. Set aside.
- 06 Take out the sea bass fillet when done. Preheat a pan with high heat and add in olive oil. Sear the skin of the fillet until golden brown.
- 07 Plate the fillet with the celery root and fennel purée. Ready to serve.

INGREDIENTS

| | |
|-----------------------|------------------|
| Sea Bass Fillet | 1 pc (180-200 g) |
| Fennel | 60 g |
| Salt | Moderate |
| Pepper | Moderate |
| Olive Oil | 40 ml |
| Dill | 2 bunches |

Celery Root and Fennel Purée

| | |
|-----------------------------|----------|
| Celery Root (Chopped) | 120 g |
| Fennel (Chopped) | 60 g |
| Salt | Moderate |
| Pepper | Moderate |
| Olive Oil | 10 ml |

Garnish

| | |
|-----------------------|----------|
| Fennel (Shaved) | 50 g |
| Dill | Moderate |
| Lemon Juice | 10 ml |
| Salt | Moderate |
| Pepper | Moderate |
| Olive Oil | 15 ml |

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Tips

- The stem and the bottom part of fennel could be used for making the purée and the seasoning of the fillet, while the middle part could be used for garnishing.
- With a Miele Steam Oven, the steaming temperature can be precisely controlled in the long time, creating perfect results for sous-vide dishes.

1 h

1 person

真空低溫慢煮鱸魚 配茴香及芹菜根蓉

做法

- 01 用鉗為鱸魚柳去骨。
- 02 將鱸魚柳、鹽、胡椒、20毫升橄欖油、茴香及時蘿草放入真空袋，用 Miele 真空處理櫃以第3級吸力和第2級熱力抽空並密封真空袋。
- 03 把真空袋放入 Miele 蒸爐內，用「Sous Vide」模式以攝氏57度慢煮25分鐘。
- 04 製作茴香和芹菜根蓉。將切碎的茴香及西芹頭放入真空袋，加入鹽，胡椒及少許橄欖油調味，放入 Miele 真空處理櫃用第3級吸力和第2級熱力抽空並密封真空袋。
- 05 把真空袋放入 Miele 蒸爐內，以攝氏95度蒸煮45分鐘，完成後取出，放入攪拌機攪至幼滑，備用。
- 06 於真空低溫慢煮完成後取出鱸魚柳，用大火預熱煎鍋，再加入橄欖油，煎香鱸魚柳表皮至金黃色。
- 07 將魚柳、茴香及芹菜根蓉上碟，即可享用。

材料

| | |
|-----|---------------|
| 鱸魚柳 | 1件 (180-200克) |
| 茴香 | 60克 |
| 鹽 | 適量 |
| 胡椒 | 適量 |
| 橄欖油 | 40毫升 |
| 時蘿草 | 2棵 |

茴香和芹菜根蓉

| | |
|----------|------|
| 西芹頭 (切碎) | 120克 |
| 茴香 (切碎) | 60克 |
| 鹽 | 適量 |
| 胡椒 | 適量 |
| 橄欖油 | 10毫升 |

裝飾

| | |
|---------|------|
| 茴香 (刨絲) | 50克 |
| 時蘿草 | 適量 |
| 檸檬汁 | 10毫升 |
| 鹽 | 適量 |
| 胡椒 | 適量 |
| 橄欖油 | 15毫升 |

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貼士

- 茴香的莖部及底部可用以製作芹菜根蓉及為鱸魚柳調味，而中間部份則作裝飾之用。
- 利用 Miele 蒸爐可以長時間穩定控制溫度，讓真空低溫慢煮食物效果更完美。



1 小時



1 人份