



STEAM-BAKED DUCK BREAST WITH PISTACHIO & HERBS BUTTER

METHOD

- 01 Preheat the Miele steam combination oven using the “Combination + Fan Plus” function to 120°C with moisture level at 80%.
- 02 Make the pistachio and herbs butter. Mix softened butter with thyme, chopped pistachio, egg yolk and salt and pepper, set aside.
- 03 Steam green zucchini and French beans in Miele steam oven at 95°C for 2 minutes, set aside.
- 04 Cut away the tendon of the duck breast and slice the top with patterns.
- 05 Marinate the duck breast with olive oil, thyme and lemon zest.
- 06 Heat up the pan. Sear the duck breast skin side for 5 minutes over low heat to let the fats off.
- 07 Plug the wireless food probe into the duck breast, set the core temperature at 54°C.
- 08 Bake the duck breast in the Miele steam combination oven. The cooking programme will stop automatically when the duck breast reaches the pre-set core temperature.
- 09 Slice the duck breast and place together with green pea purée on the plate, topped with the pistachio and herbs butter. Place the green zucchini and French beans on the side as decoration. Ready to serve.

INGREDIENTS

Duck Breast	1 pc
Thyme	2 pcs
Lemon Zest	10 g
Green Zucchini	1/2 pcs
French Beans	20 g
Green Pea Purée	4 tsp
Olive Oil	100 ml

Pistachio & Herbs Butter

Pistachio	80 g (Chopped)
Butter	120 g (Room Temperature)
Egg Yolk	1 pc
Thyme	1 pc
Salt and Pepper	Moderate



TIPS

- Sear the duck breast skin over low heat makes it more flavourful and to let the extra fats off.
- Combination mode of the Miele steam combination oven allows steaming and baking at the same time, where the heat can penetrate evenly to every part of the duck breast in a moisturized cavity, resulting in a juicy texture.

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20 mins

2 persons

蒸焗法式鴨胸伴 開心果香草牛油

做法

- 01 以「組合模式+風扇加強」模式預熱Miele蒸焗爐至攝氏120度，濕度設定為80%。
- 02 製作開心果香草牛油。把軟牛油拌勻，加入百里香、開心果碎、蛋黃、鹽及胡椒，備用。
- 03 意大利青瓜及法邊豆放入Miele蒸爐內以攝氏95度蒸煮2分鐘，備用。
- 04 把鴨胸肌腱切走，於表面割劃花紋。
- 05 鴨胸以橄欖油、百里香及檸檬青調味。
- 06 以慢火燒熱平底鍋把鴨胸皮燒煮5分鐘去除脂肪。
- 07 把無線食物探針插入鴨胸內，並將中心溫度調教至攝氏54度。
- 08 將鴨胸放入蒸焗爐。當鴨胸到達預設的中心溫度時，便會自動完結煮食程序。
- 09 將鴨胸切開並和青豆泥一起放上碟，再把開心果香草牛油放在表面。利用意大利青瓜及法邊豆放在旁邊作裝飾，即可享用。

材料

鴨胸	1件
百里香	2條
檸檬青	10克
意大利青瓜	1/2條
法邊豆	20克
青豆泥	4茶匙
橄欖油	100毫升

開心果香草牛油

開心果	80克 (切碎)
牛油	120克 (室溫)
蛋黃	1隻
百里香	1條
鹽及胡椒	適量



貼士

- 慢火煎香鴨胸皮層，將多餘油份逼出，可以增加香味。
- 利用Miele蒸焗爐的組合模式，即以「蒸焗同步」烹調，烤焗過程全時間注入濕氣，有助熱力均勻傳送，鎖住肉汁，溫度亦更快傳入鴨胸中心，效果鮮嫩多汁。

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20 分鐘



2 人份