



## STEAM-BAKED COD FISH IN BANANA LEAVES

### METHOD

- 01 Preheat the Miele steam combination oven to 170°C, using "Combination + Fan Plus" function and set moisture level at 80%.
- 02 Rinse the cod fish, remove the skin and cut it into 3cm x 9cm, set aside.
- 03 Cut the banana leaves into 12 cm x 12 cm, set aside.
- 04 Marinate the cod with fish sauce, oyster sauce, sugar, galangal, lemongrass and lime leaves.
- 05 Place the cod in the middle of the banana leaves, then seal the leaves with a toothpick.
- 06 Place the fish in Miele steam combination oven and roast for 7 minutes. Ready to serve.

### INGREDIENTS

|                     |                       |
|---------------------|-----------------------|
| Cod Fish .....      | 4 pcs ( Around 400 g) |
| Banana Leaves ..... | 1 pc                  |

#### Marinade

|                    |         |
|--------------------|---------|
| Fish Sauce .....   | 4 tsp   |
| Oyster Sauce ..... | 1 tsp   |
| Sugar .....        | 10 g    |
| Galangal .....     | 4 pcs   |
| Lemongrass .....   | 1/2 pcs |
| Lime Leaves .....  | 2 pcs   |

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#### Tips

- Cod can be replaced by halibut or sole fish.
- 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 cod fish in a moisturized cavity, resulting in a juicy texture.



15 mins



4 persons

## 蒸焗蕉葉鱈魚

### 做法

- 01 以「組合模式 + 風扇加強」模式預熱Miele蒸焗爐至攝氏170度，濕度設定為80%。
- 02 將鱈魚洗淨去皮，切成3厘米 x 9厘米，備用。
- 03 香蕉葉切成12厘米 x 12厘米，備用。
- 04 鱈魚以魚露、蠔油、糖、南薑、香茅及青檸葉醃好。
- 05 將鱈魚放在香蕉葉上，用牙籤將蕉葉封好。
- 06 把包好的鱈魚放入Miele蒸焗爐，蒸焗7分鐘。完成後即可享用。

### 材料

鱈魚 ..... 4條 (大約 400克)  
 香蕉葉 ..... 1塊

#### 醃料

魚露 ..... 4茶匙  
 蠔油 ..... 1茶匙  
 糖 ..... 10克  
 南薑 ..... 4片  
 香茅 ..... 1/2條  
 青檸葉 ..... 2塊

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貼士

- 鱈魚換作比目魚或龍利魚。
- 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，溫度亦更快傳入鱈魚中心，效果鮮嫩多汁。



15 分鐘



4 人份