



STEAM-BAKED DUCK WITH ORANGE AND ROSEMARY

METHOD

- 01** Prepare the brine water. Put salt and water in a pot and bring to a boil. Set aside to cool down.
- 02** Marinate the duck in the cool brine water for 45 minutes.
- 03** Drain the brine water out and pat the duck skin dry. Then put the orange slices, garlic, cloves and rosemary into the duck and brush a thin layer of balsamic vinegar on the skin.
- 04** Dehydrate the skin in the fridge or by using a fan for at least 2 hours.
- 05** Preheat the Miele Steam Combination Oven to 170°C with “Combination Mode + Conventional Heat” function and moisture level set at 80%.
- 06** Brush some olive oil on the duck skin and steam-bake for 45 minutes.
- 07** Ready for serving.

INGREDIENTS

Duck	1 pc (3-4 kg)
Orange (Sliced)	1 pc
Rosemary	1 bunch
Cloves	8 pcs
Garlic	4 cloves
Olive Oil	40 ml
Balsamic Vinegar	20 ml

Brine water

Salt	360 g
Water	2 L

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Tips

- Dehydrate the duck skin in a fridge or with a fan to help bring crispness.
- Brining the duck could help keep the moisture within meat.
- Combination mode allows steaming and baking at the same time, where the heat can penetrate evenly to every part of the duck in a moisturized cavity, resulting in a juicy texture.



4 h



3~4 persons



蒸焗香橙 迷迭香烤鴨

做法

- 01 製作鹽水。先將鹽加水煲滾，放涼備用。
- 02 將鴨放入鹽水浸泡45分鐘。
- 03 取出鴨，瀝乾水分，再印乾表皮，將香橙、蒜頭、丁香、迷迭香放入鴨內，表面塗上薄薄一層黑醋。
- 04 將鴨放入雪櫃或用風扇風乾表皮最少2小時。
- 05 以「組合模式 + 一般加熱」模式預熱Miele蒸焗爐至攝氏170度，濕度設定為80%。
- 06 將橄欖油掃上鴨皮，然後放入已預熱的蒸焗爐焗45分鐘。
- 07 完成後即可享用。

材料

鴨	1隻 (3-4公斤)
香橙 (切片)	1個
迷迭香	1扎
丁香	8粒
蒜頭	4瓣
橄欖油	40毫升
意大利黑醋	20毫升

鹽水

鹽	360克
水	2升

網上教學短片



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貼士

- 放入雪櫃或用風扇風乾鴨表皮，有助表皮香脆。
- 以鹽水醃鴨，更有效保存水份。
- 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，溫度亦更快傳入鴨肉中心，效果鮮嫩多汁。



4 小時



3~4 人份