



STEAM-BAKED LOBSTER WITH GARLIC

METHOD

- 01** Wash and rinse the lobster completely. Insert a bamboo stick at the tail of the lobster to remove any feces.
- 02** Halve the lobster with a knife. Set aside.
- 03** Mix garlic, ground white pepper, oil, light soy sauce and sugar in a bowl. Top the sauce mixture on the lobster meat.
- 04** Preheat the Miele Steam Combination Oven to 170°C with “Combination Mode + Conventional Heat” function and moisture set at 90%.
- 05** Steam bake the lobster with the preheated Miele Steam Combination Oven for 7 minutes.
- 06** Take out the lobster when done. Sprinkle deep fried garlic and ready to serve.
- 07**

INGREDIENTS

Lobster	1 pc
Garlic (Chopped)	1 tbsp
Ground White Pepper	1/2 tsp
Oil	1 tbsp
Light Soy Sauce	1/2 tbsp
Sugar	1/2 tsp
Deep Fried Garlic	1 tbsp

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Tips

- Serve with lemon juice for enhancing the taste.
- Combination mode allows steaming and baking at the same time, where the heat can penetrate evenly to every part of the lobster in a moisturized cavity, resulting in a juicy texture.



30 mins



2 persons

金銀蒜焗龍蝦

做法

- 01 將龍蝦洗淨。用竹籤刺入龍蝦尾部以去尿。
- 02 將龍蝦切開一半，備用。
- 03 將蒜蓉、白胡椒粉、油、生抽和糖放入碗中拌勻。
- 04 將拌勻的醬料舖在龍蝦肉上。
- 05 選擇「組合模式 + 一般加熱」功能預熱Miele蒸焗爐至攝氏170度，濕度設為90%。
- 06 將龍蝦放入已預熱的Miele蒸焗爐焗7分鐘。
- 07 完成後取出龍蝦，於表面灑上炸蒜，即可享用。

材料

龍蝦	1隻
蒜蓉	1湯匙
白胡椒粉	1/2茶匙
油	1湯匙
生抽	1/2湯匙
糖	1/2茶匙
炸蒜	1湯匙

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貼士

- 配合檸檬汁食用，可提升味道層次。
- 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，溫度亦更快傳入龍蝦中心，效果鮮嫩多汁。



30 分鐘



2 人份