

## STEAM-BAKED LOBSTER WITH LEMON AND THYME

### METHOD

- 01 Preheat the Miele steam combination oven with "Combination Mode + Fan Plus" function at 170°C.
- 02 Clean the lobster, cut apart in the middle and remove the insides.
- 03 Season the lobster with salt and pepper, lemon zest and thyme. Put unsalted butter on top.
- 04 Place the lobster in the preheated Miele steam combination oven, then roast for 7 minutes. Ready to serve.

### INGREDIENTS

Lobster .....	1 pc
Salt and Pepper .....	Moderate
Lemon Zest .....	1/4 pcs
Thyme .....	2 pcs
Unsalted Butter .....	30 g (Room Temperature)

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#### Tips

- Lobster can be replaced by other types of seafood or fish.
- Combination mode allows steaming and baking at the same time. The heat is penetrated evenly to every part of the seafood in a moisturized cavity during the entire cooking process, resulting in a juicy and tender texture.



10 mins



2 persons

## 蒸焗檸檬 百里香龍蝦

### 做法

- 01 選用「組合模式 + 風扇加強」預熱Miele蒸焗爐至攝氏170度，濕度設定為80%。
- 02 龍蝦洗淨，於中間切開並去除內臟。
- 03 龍蝦以鹽及胡椒，檸檬青及百里香調味，然後放上無鹽牛油。
- 04 龍蝦放入已預熱的Miele蒸焗爐內，蒸焗7分鐘。完成後即可享用。

### 材料

龍蝦 .....	1隻
鹽及胡椒 .....	少量
檸檬青 .....	1/4隻
百里香 .....	2棵
無鹽牛油 .....	30克 (待至室溫)

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貼士

- 除龍蝦外，可選用其他海鮮或魚類。
- 利用「蒸焗同步」烹調，烤焗過程全時注入濕氣，可令熱力均勻傳送到海鮮的每一個部份，鎖住水份，令海鮮保持濕潤。

🕒 10 分鐘

👤 2 人份