



STEAM-BAKED STUFFED GREEN CHILLI PEPPER

METHOD

- 01** Trim off the tip of the green chilli pepper and remove the seeds. Set aside.
- 02** Prepare the shrimp paste. Put the shrimp meat into a blender and blend until thick and sticky. Season with pepper powder, sugar and fish sauce.
- 03** Put shrimp paste into a piping bag, or simply use a spoon to stuff the green chilli pepper with shrimp paste. Then put the stuffed chilli pepper on the Miele Baking Tray.
- 04** Preheat Miele Steam Combination Oven to 180°C with “Combination Mode + Conventional Heat” function and moisture level set at 50%.
- 05** Bake the stuffed chilli pepper in the oven for 8 minutes.
- 06** Ready to serve hot.

INGREDIENTS

Green Chilli Pepper	4 pcs
Shrimp Meat	200 g
Fish Sauce	3 tsp
Sugar	1 tsp
Pepper Powder	1/4 tsp

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Tips

- Cuttlefish could be used instead of shrimp to make the paste.
- Fish sauce is used to replace salt to keep the moisture within the shrimp.
- Combination mode allows steaming and baking at the same time, where the heat can penetrate evenly to every part of the shrimp in a moisturized cavity, resulting in a juicy texture.



35 mins



2 persons

蒸焗蝦膠釀 虎皮尖椒

做法

- 01 將虎皮尖椒頂部切走，挖空內部備用。
- 02 製作蝦膠。用攪拌機將蝦肉打成蝦膠，加入魚露、糖及胡椒粉拌勻調味。
- 03 將蝦肉放入唧袋或以湯匙釀入尖椒，之後放於 Miele 焗爐盤上。
- 04 以「組合模式 + 一般加熱」模式預熱 Miele 蒸焗爐至攝氏 180 度，濕度設為 50%。
- 05 將虎皮尖椒放入已預熱的蒸焗爐內焗 8 分鐘。
- 06 完成後即可享用。

材料

虎皮尖椒	4 條
蝦肉	200 克
魚露	3 茶匙
糖	1 茶匙
胡椒粉	1/4 茶匙

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貼士

- 可選用墨魚代替蝦肉打成膠狀。
- 以魚露代替鹽調味，則更有效保存水份。
- 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，溫度亦更快傳至蝦膠中心，效果鮮嫩多汁。

35 分鐘

2 人份