

清蒸東星斑

做法

- 01 魚洗淨，去除內臟，印乾魚身。放上碟，舖上薑絲和蔥段
- 02 將魚放入Miele蒸爐，以攝氏95度蒸8分鐘
- 03 取出魚，燒熱油並舖上蔥絲，再下蒸魚豉油，即可享用

材料

東星斑	1條（約兩斤）
薑絲	20克
蔥	20克（一半切段，一半切絲）
油	50毫升
蒸魚豉油	30毫升

網上教學短片



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貼士

- 東星斑宜選擇兩斤以下，魚眼光亮，身、咀和尾均完好無缺
- 以攝氏95度蒸煮海鮮，避免過熟，效果更理想

🕒 8 分鐘

👤 1~2 人份

STEAMED CORAL TROUT



METHOD

- 01** Rinse the fish and remove the insides, then wipe it dry. Place the fish on plate, add in shredded ginger and sectioned scallion
- 02** Put the fish into Miele Steam Oven, then steam at 95°C for 8 minutes
- 03** Take out the fish, pour hot oil over it, sprinkle shredded scallion and soy sauce for seafood and it is ready to serve

INGREDIENTS

Coral Trout	1 pc (Around 2 catties)
Ginger	20 g (Shredded)
Scallion	20 g (Half Sectioned, Half Shredded)
Oil	50 ml
Soy Sauce for Seafood	30 ml

Online Cooking
Demonstration Videos



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TIPS

- It is recommend to choose coral trout that is under 2 catties, with bright eyes and with body, mouth and tail still intact
- 95°C is the ideal temperature for steaming seafood to avoid over cooking



8 mins



1~2 persons