

Miele

## 花蟹蒸水蛋

### 做法

- 01 先揭開蟹蓋，剪去腮及刷淨，備用
- 02 將魚湯、雞蛋拌勻，備用
- 03 將蟹放入Miele蒸爐，以攝氏95度蒸2分鐘至半熟，取出備用
- 04 蒸碟加上蟹，倒進蛋液，放入蒸爐以攝氏95度蒸7分鐘
- 05 蒸煮完成後，燒熱油，灑上蔥花及豉油，即可享用

### 材料

花蟹	1隻
雞蛋	120克
魚湯	240毫升
蔥花	10克
油	20毫升
豉油	1湯匙

網上教學短片



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貼士

- 宜選擇蟹腳和殼較硬的花蟹，蟹鉗及腳完好無缺
- 以攝氏95度蒸煮海鮮，避免過熟，效果更理想

🕒 9 分鐘

👤 1~2 人份

## STEAMED FLOWER CRAB WITH EGG

### METHOD

- 01** Open the crab shell, remove the gills and brush it clean, set aside
- 02** Mix fish stock and egg, set aside
- 03** Put crab into Miele Steam Oven. Steam at 95°C for 2 minutes until half cooked. Set aside
- 04** Place crab on steaming plate and pour in the egg mixture. Put in Miele Steam Oven and steam at 95°C for 7 minutes
- 05** When done, pour hot oil, sprinkle chopped scallion and soy sauce and it is ready to serve

### INGREDIENTS

Flower Crab .....	1 pc
Egg .....	120 g
Fish Stock .....	240 ml
Scallion .....	10 g (Chopped)
Oil .....	20 ml
Soy Sauce .....	1 tbsp

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TIPS

- It is recommend to choose flower crabs with sturdy legs and shell, with claws and legs still intact
- 95°C is the ideal temperature for steaming seafood to avoid over cooking

9 mins

1~2 persons