



STEAMED PEACH RESIN WITH RED DATES AND DRIED LONGAN

METHOD

- 01 Soak peach resins and fungus lotus seeds for 12 hours to make them soft. Clean and remove all impurities.
- 02 Remove cores from red dates.
- 03 Mix all ingredients in a pot.
- 04 Place the pot into a Miele steam oven and steam at 100°C for 1.5 hours.
- 05 The soup is ready once the process is finished.

INGREDIENTS

Red Date	10 pcs
Longan	10 pcs
Peach Resin	30 pcs
Fungus Lotus Seed	20 pcs
Water	2 liter
Crystal Sugar	Little

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Tips

- Choose whole red dates for better taste and richer nutrients.
- Soak peach resin thoroughly for easy removal of dirt. Use a small clip to remove the impurities on the resin until it is transparent and soft.
- Double-boiling with 100% PureSteam in Miele Steam Oven avoids over-drying and spilling, keeping the authentic flavours of the sweet soups in the safest and easiest way

1.5 hr

4-6 persons

紅棗圓肉燉桃膠

做法

- 01 先將桃膠及雪蓮子浸透12小時至軟身，然後清理乾淨並除去雜質。
- 02 除去紅棗核心。
- 03 放入所有材料至湯煲，拌勻。
- 04 將湯煲放入Miele蒸爐內，以攝氏100度蒸煮1.5小時。
- 05 完成後即可享用。

材料

紅棗	10粒
桂圓	10粒
桃膠	30粒
雪蓮子	20粒
水	2公升
冰糖	適量

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貼士

- 揀選原粒紅棗，比已去芯的紅棗含有更多營養及味道。
- 桃膠要浸透，更易於清理乾淨，可利用小鉗將依附在桃膠的黑色雜質清除，直到完全透明及軟身。
- 利用100%純蒸氣燉糖水，確保原汁原味。亦無需睇火及避免黏底、乾水和滾瀉的情況。



1.5 小時



4-6 人份