

STEAMED SCALLOPS WITH GARLIC



METHOD

- 01** Rinse the scallops and remove the insides, clean the skirt part as well, put aside
- 02** Spread minced garlic on scallops, put into the Miele Steam Oven, steam at 95°C for 4 minutes
- 03** Take out the scallops, top with shredded scallion, pour hot oil and soy sauce over the scallops and it is ready to serve

INGREDIENTS

Scallops	4 pcs
Minced Garlic	30 g
Scallion	10 g (Shredded)
Oil	20 ml
Soy Sauce	1 tbsp

Online Cooking
Demonstration Videos



FOLLOW US NOW!



TIPS

- Choose scallops with shells slightly opened and plump meat to ensure freshness
- 95°C is the ideal temperature for steaming seafood to avoid over cooking



4 mins



1~2 persons

蒜香蒸扇貝

做法

- 01 扇貝沖水洗淨，去除內臟，裙邊位置也洗淨，備用
- 02 將蒜蓉鋪上扇貝，放入Miele蒸爐，以攝氏95度蒸4分鐘
- 03 取出扇貝，鋪上蔥絲，燒熱油及豉油，即可享用

材料

扇貝	4隻
蒜蓉	30克
蔥絲	10克
油	20毫升
豉油	1湯匙

網上教學短片



FOLLOW US NOW!



貼士

- 選擇外殼半開合、貝肉厚身的扇貝，確保新鮮
- 以攝氏95度蒸煮海鮮，避免過熟，效果更理想

🕒 4 分鐘

👤 1~2 人份