



STEAMED CRAB WITH SHAOXING WINE AND EGG WHITE

METHOD

- 01 Rinse the flower crab with water.
- 02 Chop the crab into pieces. Put them into the Miele Unperforated Steam Cooking Container then steam with the Miele Steam Oven at 100°C for 5 minutes.
- 03 Take out the crab pieces once it is done. Keep the crab juice in the container and set aside.
- 04 Mix egg white, milk, chicken stock and crab juice in a bowl and sieve until the mixture is smooth.
- 05 Place the crab pieces onto a steaming plate. Then pour in the egg white mixture.
- 06 Steam the whole plate with the Miele Steam Oven at 95°C for 8 minutes.
- 07 Take out when done and season with Shaoxing wine.
- 08 Ready to serve.

INGREDIENTS

Flower Crab	1 pc
Egg White	100 g
Milk	100 ml
Chicken Stock	80 ml
Shaoxing Wine	10 ml

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- The meat texture of male crab is more meaty, while the female crab has richer crab roe. Choose according to personal preference.
- Miele Steam Oven allows precise control over cooking temperature. Steaming at 95°C could avoid over-cooking, ensuring the crab and egg to be cooked perfectly, keeping the taste fresh and succulent.

 30 mins

 2 persons



花雕醉蟹蒸蛋白

做法

- 01 用清水洗淨花蟹。
- 02 將蟹斬件，然後放在 Miele 密底蒸氣烹調容器內，並放入 Miele 蒸爐內以攝氏100度蒸煮5分鐘。
- 03 完成後取出蟹件，並保留蒸容器中的蟹汁備用。
- 04 將蛋白、鮮奶、雞湯和蟹汁倒入碗中拌勻過篩。
- 05 將蟹件放於蒸盤內，然後倒入蛋白混合物。
- 06 將蒸盤放入 Miele 蒸爐內，以攝氏95度蒸煮8分鐘。
- 07 完成後將蒸盤從蒸爐中取出，淋上花雕酒調味。
- 08 完成後即可享用。

材料

花蟹	1 隻
蛋白	100 克
鮮奶	100 毫升
雞湯	80 毫升
花雕酒	10 毫升

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貼士

- 蟹公肉感較重，揀選蟹母則較多蟹黃，可依照個人喜好挑選。
- Miele 蒸爐可準確調節溫度，利用純蒸氣技術以攝氏95度烹煮海鮮及蛋白能避免過熟，讓花蟹的鮮味得以保留，入口更鮮嫩多汁。



30 分鐘



2 人份