



STEAMED EGG WITH DEEP FRIED DOUGH STICK

METHOD

- 01** Chop the scallops, shrimps and fresh mushrooms. Slice the deep fried dough stick into small rings, each with 1 cm height. Set aside.
- 02** Mix eggs, water, salt and pepper in a bowl. Use a strainer to filter the egg mixture until smooth.
- 03** Pour the egg mixture into a baking tray till 70% full. Add chopped scallops, shrimps and fresh mushrooms on top. Then place the deep fried dough ring evenly to the tray.
- 04** Select "Bottom Heat" function to preheat a Miele Oven to 180°C.
- 05** Put the baking tray into the preheated oven and bake for 20 minutes using the same setting.
- 06** Ready to serve once the process is done.

INGREDIENTS

Egg	200 g
Water	300 ml
Salt	Moderate
Pepper	Moderate
Scallop	2 pcs
Shrimp	2 pcs
Fresh Mushroom	2 pcs
Deep Fried Dough Stick	1/2 stick

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Tips

- Enrich the flavour with sesame oil.
- By using the "bottom heat" function, heat is transferred from the bottom which could avoid overcooking the surface of the food.



30 mins



2 persons

鬼馬焗蛋

做法

- 01 將帶子、蝦和鮮冬菇切粒，並將油炸鬼切成至1厘米高圓圈，備用。
- 02 將雞蛋、水、鹽和胡椒加入碗中拌勻，用隔篩將混合物過濾至幼滑。
- 03 將雞蛋混合物倒入焗盤至7成滿，放上已切粒的帶子、蝦和鮮冬菇，最後鋪上油炸鬼圈。
- 04 選用「底部加熱」功能預熱Miele焗爐至攝氏180度。
- 05 將焗盤放入Miele焗爐，以相同設定焗20分鐘。
- 06 完成後即可取出享用。

材料

雞蛋	200克
水	300毫升
鹽	適量
胡椒	適量
帶子	2粒
蝦	2隻
鮮冬菇	2粒
油炸鬼	半條

網上教學短片



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貼士

- 可加入芝麻油一同享用，增加香味。
- 利用「底部加熱」功能，熱力只由底部傳送，避免食物表面過熟。



30 分鐘



2 人份