



STEAMED GROUPER ROLL WITH BAMBOO FUNGUS AND ASPARAGUS

METHOD

- 01 Debone fish meat. For the first slice, do not cut the meat off the skin. Only cut off at the second slice. Follow this pattern to slice the whole fillet. Set aside.
- 02 Peel and trim the carrot about the same shape as the asparagus then set aside.
- 03 Soak and clean the bamboo fungus in water. Trim to the same length as the asparagus.
- 04 Stuff carrot and asparagus into the bamboo fungus. Roll the stuffed bamboo fungus with fish slices. Set on a plate.
- 05 Put the fish rolls into the Miele Steam Oven and steam with 95°C for 3 minutes.
- 06 Take out the fish rolls from the steam oven. Sprinkle seasoned soy sauce on top.
- 07 Ready to serve.

INGREDIENTS

Grouper	1 pc
Thai Asparagus	20 pcs
Carrot	1/2 pc
Bamboo Fungus	6 pcs
Seasoned Soy Sauce for Seafood ...	2 tbsp

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Tips

- Pick a larger grouper with weight over 1.5 catty, which could be filleted and sliced more easily.
- Miele Steam Oven allows precise control over cooking temperature. Steaming at 95°C could avoid over-cooking, ensuring the seafood to be cooked perfectly, keeping the taste fresh and succulent.



30 mins



2 persons



竹笙蘆筍海斑卷

做法

- 01 將海斑起肉，切片第一刀時別切斷皮，保持皮肉相連，第二刀才切斷皮，如此類推，備用。
- 02 甘荀去皮切條，大小與蘆筍相約，備用。
- 03 竹笙用水浸透並清理乾淨，切成與蘆筍相約長度。
- 04 將甘荀和泰國蘆筍穿入竹笙中，然後用魚片包裹已填充的竹笙，並放置於碟上。
- 05 將魚肉卷放入 Miele 蒸爐中，以攝氏95度蒸煮3分鐘。
- 06 從蒸爐內取出魚肉卷，再淋上蒸魚豉油。
- 07 完成後即可享用。

材料

海斑	1條
泰國蘆筍	20條
甘荀	半條
竹笙	6條
蒸魚豉油	2湯匙

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貼士

- 揀選約1.5斤重、較大的海斑，會更容易起肉切片。
- 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，能避免過熟，讓海斑鮮味得以保留，入口更鮮嫩多汁。

🕒 30 分鐘

👤 2 人份