



## STEAMED GIANT GROUPEL WITH GARLIC AND CORDYCEPS FLOWER

### METHOD

- 01 Clean the giant grouper with water and pat the skin dry with a towel.
- 02 Soak the cordyceps flower. Set aside.
- 03 Slice the giant grouper into 0.5cm thickness, then place on a plate. Sprinkle garlic and cordyceps flower on top of the giant grouper.
- 04 Put the giant grouper into the Miele Steam Oven and steam at 95°C for 3 to 4 minutes.
- 05 After that, pour heated oil on the giant grouper. Then baste soy sauce and sprinkle fried garlic on top.
- 06 Ready to serve.

### INGREDIENTS

Giant Grouper .....	400 g
Garlic (Minced) .....	10 g
Fried Garlic (Minced) .....	Moderate
Cordyceps Flower .....	10 g
Oil .....	Moderate
Soy Sauce .....	2 tbsp

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Tips

- Soaking cordyceps flower for only 5 minutes could avoid losing nutrients and taste.
- 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

## 金銀蒜蟲草花蒸龍躉

### 做法

- 01 用清水將龍躉洗淨後用布印乾。
- 02 把蟲草花浸泡，備用。
- 03 將龍躉切成半厘米左右薄片，然後放在碟上，把蒜蓉，蟲草花鋪上魚面。
- 04 將魚放入Miele蒸爐，以攝氏95度蒸3-4分鐘。
- 05 完成後，燒熱油淋上魚面，再淋上豉油及灑上炸蒜。即可享用。

### 材料

龍躉	400克
蒜蓉	10克
炸蒜蓉	適量
蟲草花	10克
油	適量
豉油	2湯匙

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貼士

- 蟲草花只需浸泡5分鐘，以避免營養及味道流失。
- 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，讓龍躉鮮味得以保留，入口更鮮嫩多汁。



30 分鐘



2 人份