STEWED ABALONE IN SAKE

METHOD

01 Heat up a large wok with high heat and add in oil. Sauté ginger and scallion. Then add in sake, mirin, Japanese bonito sauce, chicken stock, Kikkoman soy sauce, sugar and oyster sauce. Bring them to a boil and set the sauce aside to cool down.

02 Steam the abalones with shells in the Miele Steam Oven at 100°C for 3 minutes. After that, take out the abalone meat from the shells with a spoon and remove the abalone guts with scissors. Next, use a toothbrush to brush away any dirt attached to its tentacles. Rinse thoroughly and set aside.

03 Put the cleaned abalones and the cooled marinade into a vacuum sealing bag. Vacuum seal with the Miele Vacuum Sealing Drawer with level 3 vacuum and level 2 sealing setting.

04 Select "Sous-vide" program at Miele Steam Oven and sous-vide the abalones in the bag at 83°C for 2 hours.

05 Take out the abalones when done.

06 Serve hot with sauce.

INGREDIENTS

Fresh Abalone (With Shell)	10 pcs
Ginger	4-5 slices
Scallion (White Part)	5-6 bunches
Sake	400 ml
Mirin	50 ml
Japanese Bonito Sauce	200 ml
Chicken Stock	400 ml
Kikkoman Soy Sauce	100 ml
Sugar	1 tbsp
Oyster Sauce	1 tbsp

Online Cooking Demonstration Videos

Tips
- The abalones could also be served cold after storing in the fridge.
- Combining the use of the Miele Vacuum Sealing Drawer and Miele Steam Oven, it ensures the abalones are cooked evenly with consistent steaming temperature. The sauce would then penetrate into the abalone, resulting in a more flavourful taste.

2.5 h   5 persons

清酒煮鮑魚

做法

01 燒熱大鍋後加油，先把薑、蔥白炒香，再加入清酒、味醂、鰹魚汁、雞湯、萬字醬油、糖和蠔油，煮至沸騰後熄火，降溫備用。

02 將鮮鮑魚放入Miele蒸爐內以攝氏100度蒸3分鐘以汆水，之後用湯匙將鮑魚肉從殼中刮出，剪掉沙囊，並用牙刷擦淨鮑魚裙邊，沖洗乾淨備用。

03 將鮑魚和已降溫的湯汁倒入真空袋，放入Miele真空處理櫃以第三級吸力和第二級熱力密封並抽空真空袋。

04 將真空袋放入Miele蒸爐內，選用「Sous Vide」模式以攝氏83度慢煮2小時。

05 完成後取出鮑魚。

06 可伴湯汁趁熱享用。

材料

鮮鮑魚（連殼）	10隻
薑	4-5片
蔥（白色部分）	5-6棵
清酒	400毫升
味醂	50毫升
日式鰹魚汁	200毫升
雞湯	400毫升
萬字醬油	100毫升
糖	1湯匙
蠔油	1湯匙

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貼士
- 鮑魚亦可於冷凍後享用。
- Miele真空處理櫃配合蒸爐使用，能令鮑魚在蒸氣烹調下平均加熱，日式湯汁亦同時全面滲透鮑魚內，更加入味。

🕐 2.5 小時　　👤 5 人份