



STEWED PAPAYA WITH LOTUS SEEDS AND PEACH RESIN

METHOD

- 01 Soak peach resin overnight till it expands thoroughly, set aside.
- 02 Pit the red dates. Soak lotus seeds for 30 minutes until soft. Both set aside.
- 03 Cut the papaya horizontally at about 1 inch from top. Scoop out the black seeds and discard.
- 04 Put all processed ingredients into the papaya, and add rock sugar and hot water. Then, place the cut papaya top back on. Steam the whole papaya in the Miele Steam Oven at 100°C for 1 hour.
- 05 Ready to serve.

INGREDIENTS

Whole Papaya	1 pc (400 g)
Peach Resin	8-10 pcs
Rock Sugar	5 g
Red Dates	5 pcs
Lotus Seeds	5 g
Hot Water	100 ml

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Tips

- Try not to pick a papaya which is overripe to avoid the papaya collapsing after steamed.
- With a Miele steam oven, the steaming temperature can be precisely controlled over a long time, creating perfect results.



1.5 h



2 persons

蒸燉原隻木瓜雪蓮子桃膠

做法

- 01 先將桃膠浸泡1晚至完全浸發，備用。
- 02 將紅棗去芯，雪蓮子浸30分鐘至軟身，備用。
- 03 將木瓜橫放，在約1吋位置打橫切開，挖空中心並去除籽核。
- 04 將已處理好的材料放入木瓜，再加入冰糖及開水，然後將切開的木瓜頂部蓋上。放入Miele蒸爐，以攝氏100度蒸1小時。
- 05 完成後即可享用。

材料

原隻木瓜	1隻 (400克)
桃膠	8-10粒
冰糖	5克
紅棗	5粒
雪蓮子	5克
熱水	100毫升

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貼士

- 揀選木瓜時注意不要太熟，以免蒸燉時塌陷。
- 利用蒸爐可以長時間穩定控制溫度，讓食物效果更完美。



1.5 小時



2 人份