

STUFFED FRIED TOFU POUCHES

METHOD

- 01 Steam garlic chives in the Miele Steam Oven at 100°C for 1 minute until soft. Set aside.
- 02 Cut one of the edges of the tofu pouches. Then open them wide enough to form a bag shape.
- 03 Blend the shrimp meat with a blender until thick and sticky as shrimp paste. Season with ground white pepper and fish sauce. Then add in sugar and mix well. Set aside.
- 04 Halve the scallops and set aside.
- 05 Add shrimp paste into the tofu pouches, then add in the scallop. Make sure the stuffing is spread evenly. Then tie the openings with garlic chives.
- 06 Steam the tied tofu pouches in Miele Steam Oven at 90°C for 6 minutes.
- 07 Bring chicken stock to a boil. Mix cornstarch and water in another bowl, then pour into the chicken stock. Continue to stir until thick. Pour egg white into the mixture and stir slowly.
- 08 Decorate the plate with egg white sauce and place the tofu pouches on top of the sauce.
- 09 Ready to serve.

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INGREDIENTS

Japanese Fried Tofu Pouches	4 pcs
Scallops	2 pcs
Fish Sauce	1 tsp
Sugar	1/4 tsp
Garlic Chives	4 pcs
Shrimp Meat	200 g
Ground White Pepper	1/4 tsp
Fish Sauce	1/2 tsp

Egg White Sauce

Cornstarch	20 g
Water	20 ml
Chicken Stock	100 ml
Egg White	1 pc



Tips

- Fill each tofu pouch only to 70% full for easy tie up at the opening.
- Miele Steam Oven allows precise control over cooking temperature. Steaming at 90°C could avoid over-cooking, ensuring the seafood to be cooked perfectly, keeping the taste fresh and succulent.



30 mins



2 persons

新春福袋

做法

- 01 將韭菜花放入Miele蒸爐，以攝氏100度蒸1分鐘直至軟身，備用。
- 02 將日式腐皮沿邊緣切開，再撐開成袋型備用。
- 03 用攪拌機將蝦肉打成蝦膠，加入白胡椒粉和魚露調味，再加入糖，拌勻後備用。
- 04 帶子切半備用。
- 05 將蝦膠釀入腐皮內，放入帶子，確保餡料平均分佈在腐皮之中，然後用韭菜花將腐皮口綁好。
- 06 將綁好的腐皮放入Miele蒸爐，以攝氏90度蒸煮6分鐘。
- 07 煲滾雞湯，並在另一個碗內拌勻生粉和水，然後倒入雞湯，持續攪拌至濃稠，然後倒入蛋白，繼續慢慢拌勻。
- 08 將蛋白汁綴於碟上，再放上腐皮。
- 09 完成後即可享用。

材料

日式腐皮	4塊
帶子	2粒
魚露	1茶匙
糖	1/4茶匙
韭菜花	4條
蝦肉	200克
白胡椒粉	1/4茶匙
魚露	1/2茶匙

蛋白汁

生粉	20克
水	20毫升
雞湯	100毫升
蛋白	1隻

網上教學短片



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貼士

- 每個腐皮福袋只需釀餡料至七成滿，以更容易綁好腐皮口。
- Miele蒸爐可準確調節溫度，利用純蒸氣技術以攝氏90度烹煮海鮮能避免過熟，讓帶子鮮味得以保留，入口更鮮嫩多汁。

🕒 30 分鐘

👤 2 人份