

THAI-STYLE ROASTED BEEF TENDERLOIN

METHOD

- 01 Marinate the beef tenderloin with lime leaf, salt and pepper.
- 02 Preheat a pan with high heat and add in oil. Sear the beef tenderloin until brown.
- 03 Preheat the Miele Steam Combination Oven to 150°C with “Combination Mode + Fan Plus” function and moisture set at 80%.
- 04 Plug a wireless food probe into the beef tenderloin, put into the preheated Steam Combination Oven, set the core temperature at 60°C.
- 05 Stir-fry the kale leaves with medium heat. Season with salt and pepper. Set aside.
- 06 The oven will stop the cooking programme when the tenderloin has reached the pre-set core temperature. Halve the beef and serve with the kale leaves.

INGREDIENTS

Beef Tenderloin	300 g
Thai Lime Leaf (chopped)	3-5 pcs
Salt	Moderate
Pepper	Moderate
Kale Leaves	120 g
Olive Oil	50 ml

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Tips

- Removing the silver skin of beef could help improve texture and eating experience.
- Combination mode allows steaming and baking at the same time, where the heat can penetrate evenly to every part of the beef in a moisturized cavity, resulting in a juicy texture.
- With the use of a wireless food probe, the doneness of the beef tenderloin can be easily monitored as the core temperature can be precisely controlled.



30-35 mins



2 persons

泰式燒牛柳

做法

- 01 用青檸葉、鹽及胡椒醃製牛柳。
- 02 燒熱平底鍋，將牛柳表面煎香，直到變成金黃色。
- 03 以「組合模式 + 風扇加強」功能預熱Miele蒸焗爐至攝氏150度，濕度設定為80%。
- 04 把無線食物探針插入牛柳，然後放入已預熱的Miele蒸焗爐中，將中心溫度設定為攝氏60度。
- 05 將平底鍋以中火加熱，炒香羽衣甘藍葉，以鹽和胡椒粉調味，備用。
- 06 當牛柳中心溫度到達預設溫度，煮食程序便會自動完結。將牛柳切成兩半，伴上羽衣甘藍葉即可享用。

材料

牛柳	300克
泰國青檸葉（切碎）	3-5片
鹽	適量
胡椒	適量
羽衣甘藍葉	120克
橄欖油	50毫升

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貼士

- 將牛柳的筋膜徹底清理，口感更佳。
- Miele蒸焗爐的組合模式能確保「蒸焗同步」，並於烤焗過程全時間注入濕氣，有助熱力均勻傳送，溫度亦更快傳入牛柳中心，效果鮮嫩多汁。
- 利用食物探針可以穩定控制溫度，輕易掌控牛柳的生熟程度。



30-35 分鐘



2 人份