

VEGETARIAN FRESH BEANCURD ROLLS

METHOD

- 01 Trim the fresh bean curd stick into 10-12cm length.
- 02 Shred carrot and fresh shiitake mushroom then set aside.
- 03 Rinse the spinach and bamboo fungus. Cut them into the same width as the fresh bean curd sticks.
- 04 Roll up the spinach, carrot, bamboo fungus and mushroom with fresh bean curd sticks. Place the rolls on a Miele Perforated Steam Cooking Container.
- 05 Place the container into the Miele Steam Oven and steam at 95°C for 5-6 minutes.
- 06 Mix salt, ground white pepper, sugar and water in another pot and bring to boil. Add cornstarch water and stir until thick. Then, add in the egg white and mix slightly to form egg white sauce.
- 07 Take out the vegetarian rolls and place them on a plate once done. Pour the egg white sauce on top.
- 08 Ready to serve.

INGREDIENTS

Fresh Bean Curd Stick	2 pcs
Spinach	3-4 pinches
Carrot	30-40 g
Bamboo Fungus	5-6 pcs
Fresh Shiitake Mushrooms	1 pc

Egg White Sauce

Egg White	1 pc
Salt	Moderate
Ground White Pepper	Moderate
Sugar	1 tsp
Water	200 ml

Cornstarch Water

Cornstarch	1 tbsp
Water	1 tbsp

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Tips

- Choose the bamboo fungus with yellowish color as are more natural.
- Miele Steam Oven allows precise control over cooking temperature. Steaming at 95°C could avoid over-cooking, ensuring the vegetables to be cooked perfectly, keeping the taste sweet and fresh.



25 mins



2 persons

鮮腐竹羅漢卷

做法

- 01 將鮮腐竹切段成10-12厘米長。
- 02 將甘荀和鮮冬菇切絲，備用。
- 03 將菠菜和竹筴清洗乾淨，然後切成與鮮腐竹闊度相約的大小。
- 04 將已切絲的菠菜、甘荀、竹筴和鮮冬菇排列在鮮腐竹上，包裹並卷起，放在Miele多孔蒸氣烹調容器中。
- 05 將多孔蒸氣烹調容器放入Miele蒸爐內，以攝氏95度蒸煮5-6分鐘。
- 06 將鹽、胡椒、糖和水倒入鍋中，拌勻然後加熱煮滾，加入生粉水勾芡直至濃稠，然後加入蛋白，輕輕拌勻成蛋白汁。
- 07 蒸煮完成後取出鮮腐竹卷上碟，再淋上蛋白汁。
- 08 完成後即可享用。

材料

鮮腐竹	2條
菠菜	3-4棵
甘荀	30-40克
竹筴	5-6條
鮮冬菇	1隻

蛋白汁

蛋白	1隻
鹽	適量
白胡椒粉	適量
糖	1茶匙
水	200毫升

生粉水

生粉	1湯匙
水	1湯匙

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貼士

- 揀選竹筴時，選顏色偏黃的，較為天然。
- Miele蒸爐可準確調節溫度，利用純蒸氣技術以攝氏95度烹煮蔬菜能避免過熟，保留蔬菜的鮮甜，入口更清爽。

🕒 25 分鐘

👤 2 人份