



**Miele**

# DOUBLE-STEAMED FISH MAW IN MILK

(serves 1)

## INGREDIENTS

150 ml milk, 2 red dates (pitted), 2 slices ginger, 1 sprig white part of spring onion, 35 g re-hydrated fish maws, 10 g rock sugar, 1 tsp Shaoxing wine

### Methods:

1. Put fish maw on a plate. Put a slice of ginger, a sprig of spring onion and a drizzle of Shaoxing wine over it. Steam in Miele puresteam at 100°C for 5 minutes. Rinse fish maw in cold water. Drain. Put all ingredients in a double-steaming pot. Steam in Miele puresteam at 100°C for 2 hours. Serve.

### Cooking tips:

- Miele puresteam operates with 100% steam. It controls temperature much more precisely than traditional steaming wok on stoves. The milk won't be overheated or curdle. The steamed sweet soup will taste smoother.
- Miele puresteam can accommodate up to 10 small double-steaming pots of individual serving size. You may make 10 different sweet soups all at once. Or, you may personalize each pot to make it sweeter or blander according to individual's preference.





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## 鮮奶燉花膠 (1位份)

### 材料

鮮奶150毫升、去核紅棗2粒、薑2片、蔥白1段、已浸發花膠35克、冰糖10克、紹興酒少許

### 做法：

1. 花膠放碟上，蓋上1片薑、1段蔥白及少許紹酒，放Miele蒸爐以100°C蒸5分鐘，沖冷水瀝乾。所有材料放有蓋燉盅內，進Miele蒸爐以100°C燉2小時即可享用。

### 烹調小貼士：

- Miele蒸爐以100%純蒸氣烹調，比明火蒸鑊溫度穩定，可避免鮮奶過熱凝固結塊，口感更香滑。
- Miele蒸爐能同時容納10個小型燉盅，烹調不同燉品，亦可因應各人喜好，每盅濃淡不同。

