



**Miele**

# STEAMED WHOLE GIANT GROUPE

(serves 4 to 6)

## INGREDIENTS

### SAUCE

1 Oasis giant grouper (about 1.5 catty, dressed), 5 spring onions (white parts only), 4 tbsp shredded spring onion, 2 tbsp shredded ginger, 3 tbsp peanut oil

2 tbsp light soy sauce, 6 tbsp water, ½ tsp sugar

### Methods:

1. Put the sauce ingredients into a small pot. Bring to the boil.
2. Put the white parts of five spring onions onto a heatproof dish. Wipe the fish dry and place it on top of the spring onion. Steam in your Miele puresteam DG 6010 steam oven at 90°C for 18 minutes.
3. Put the peanut oil in a small pan. Heat it over low heat until smoking hot.
4. Take the fish out of oven. Drain any liquid on the dish, and discard the white spring onion. Put shredded ginger and spring onion over the fish. Pour the boiling hot peanut oil over the ginger. Drizzle with the sauce, and serve.

### Cooking tips:

- To test whether the fish is properly cooked, insert a chopstick into the fleshiest part of the fish. If you can pierce through easily, it's done. If the fish isn't done yet, put it back in to the Miele puresteam DG 6010 steam oven at 90°C. The fish will not become overcooked at this temperature. Alternatively, if you prefer the fish to be just cooked but still clinging to the bones, you may reduce the overall cooking time by 1-2 minutes.
- When steaming fish in Miele's puresteam DG 6010 steam oven at 90 to 95°C, the cooking time and temperature are a lot easier to control. You can rest assured that the fish will always be tender and juicy, and won't be overcooked.







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## 蒸原條花尾龍躉 (4至6位份)

材料

綠洲花尾龍躉1條 (毛重1斤半、剖淨) · 蔥白5條 · 薑絲2湯匙 · 蔥絲4湯匙 · 花生油3湯匙

汁料

生抽2湯匙 · 清水6湯匙 · 砂糖半茶匙

做法：

1. 汁料放小鍋內煮沸。
2. 蔥白放耐熱碟上。龍躉抹乾，放蔥白上，進Miele蒸爐以90°C蒸18分鐘。
3. 花生油放小鍋內以小火加熱至冒煙。
4. 龍躉取出，瀝去水份，蔥白丟棄，鋪上薑蔥絲，淋上滾油，加入汁料即可。

烹調小貼士：

- 要測試魚是否熟透，可用筷子插入魚身最厚位置，如能輕易插入即熟透。若魚仍未熟透，可放回Miele蒸爐再以90°C加熱，魚肉亦不會過熟。相反，若比較喜歡剛剛熟而未離骨的質感，可減少蒸煮時間1-2分鐘。
- 用Miele蒸爐以90°C至95°C蒸魚，時間及溫度較傳統用鑊蒸更準確，確保魚身嫩滑，不會過熟或乾硬。

