



SMOOTH CHILLI SARDINES

INGREDIENTS

Whole fresh sardines or herrings* 4 (about 300g), extra virgin olive oil 2tbsp, garlic 1tbsp (chopped), whole red chilli 1 (chopped), coarse salt 1/2tsp

* Other substitutes can include most red-fleshed fish such as horse mackerel, spanish mackerel etc.

Methods:

- 1) Cut off the head of the sardines and “butterfly” the fish. Pull out the main bone in the middle.
- 2) Sprinkle with the coarse salt, garlic and red chilli, and pour olive oil onto the fish.
- 3) Steam at 80°C for 6 minutes. Serve.

Make your own bottled sardines:

- 1) Put steamed hot sardines from recipe above into a heat resistant jar and cover with olive oil.
- 2) Put lid on without tightening too much.
- 3) Steam the bottled sardines at 90°C for 30 minutes.
- 4) Do not open and allow to cool. Keep in the fridge.

Cooking tips:

- Leftover sardines after jar is opened can be re-sterilized using the same process.
- No need to boil water to disinfect containers. With Miele puresteam, 100°C steam is on demand anytime. You can also use it to disinfect hand towels at 100°C for guests at a dinner party.





慢油剁椒沙甸

材料

沙甸魚或熹靈魚（本地街市熹靈魚稱黃澤）*4條（約300克）、初搾橄欖油2湯匙、蒜蓉1湯匙、紅辣椒1個（切碎）、粗鹽1/2茶匙

*可以用其它紅肉魚代替，如池魚，鯖魚等。

做法：

- 1) 沙甸魚切去頭部，沿肚直切開到尾部，打開成蝴蝶形，拔去主骨。
- 2) 灑上粗鹽，蒜蓉及紅辣椒，淋上初搾橄欖油。
- 3) 放Miele蒸爐以80°C蒸6分鐘即成。

自製罐頭沙甸：

- 1) 再把上述蒸好的熱沙甸放入乾淨的耐熱玻璃樽內，倒入橄欖油蓋過沙甸魚。
- 2) 加蓋，不要把蓋扭得過分的實。
- 3) 原樽放Miele蒸爐以90°C蒸30分鐘。
- 4) 不要開蓋，待涼，放雪櫃保存。

烹調小貼士：

- 開了樽而用剩的沙甸魚，可以再以上述方法，入爐消毒再保存。
- 想將耐熱容器消毒，而無需煲水浸焗，只要用Miele蒸爐以100°C蒸氣消毒即可。宴客時，亦可以100°C消毒毛巾供客人使用。

