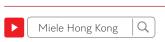# TOM YUM WITH LOBSTER

METHOD

01 Heat up a pot and add oil. Stir-fry Thai shrimp paste with soya bean oil and Thai chili paste until aromatic.

02 Mix lemongrasses, galangals and bird's eye chili well. Add water and lime leaves and bring to boil. Set aside to cool down.

03 Season with fresh Thai lime juice and fish sauce then set aside.

04 Rinse the lobster and shell off the meat.

05 Use oven safe cling film to make the lobster meat into a roll. Then put the lobster roll and soup into a vacuum bag.

06 Put the vacuum bag into the Miele Vacuum Sealing Drawer and vacuum seal with level 3 vacuum and level 2 sealing setting.

07 Select "Sous-vide" program at Miele Steam Oven and sous-vide the lobster in the bag at 63°C for 30 minutes.

08 Take out the lobster from the steam oven and the bag. Then, plate the lobster and pour the soup on top.

09 Ready to serve.

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INGREDIENTS

Lobster	1 pc (500-600 g)
Lime Leaf	3 slices
Lemongrass (Trimmed)	2 pcs
Galangal (Sliced)	4-5 slices
Bird's Eye Chili	1 pc
Shrimp Paste with Soya Bean Oil	2 tbsp
Thai Chili Paste	1 tbsp
Fresh Thai Lime Juice	20 ml
Fish Sauce	30 ml
Water	1 L
Oil	Moderate

Tips

- Avoid high heat when frying the Thai shrimp paste with soya bean oil and Thai chili paste as it could be easily burnt.

- With a Miele Steam Oven, the steaming temperature can be precisely controlled over a long period of time, creating perfect results for sous-vide dishes.

45 mins   2 persons

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做法

01 燒熱煲後加入油，將泰式蝦頭油和泰式辣椒膏炒香。

02 加入香茅段、南薑片和指天椒炒勻後，加水及青檸葉煮滾。

03 加入新鮮泰國青檸汁及魚露調味，放涼備用。

04 將龍蝦洗淨並拆肉。

05 以耐熱保鮮紙將龍蝦肉卷成條狀，放入真空袋，再加入湯汁。

06 利用Miele真空處理櫃，以第三級吸力和第二級熱力密封並抽空真空袋。

07 把真空袋放入Miele蒸爐內，用「Sous-vide」模式以攝氏63度慢煮30分鐘。

08 從蒸爐和真空袋內取出龍蝦。然後將龍蝦上碟，再淋上湯汁。

09 完成後即可享用。

材料

材料	份量
龍蝦	1隻（500-600克）
青檸葉	3片
香茅（切段）	2條
南薑（切片）	4-5片
指天椒	1隻
泰式蝦頭油	2湯匙
泰式辣椒膏	1湯匙
新鮮泰國青檸汁	20毫升
魚露	30毫升
水	1公升
油	適量

貼士

- 炒泰式蝦頭油及泰式辣椒膏時避免使用大火，以免炒燶。
- 利用Miele蒸爐可以長時間穩定控制溫度，讓低溫慢煮食物效果更完美。

🕐 45 分鐘   👤 2 人份