

## SOUS-VIDE PLUM WINE PEAR WITH CARAMELISED APRICOT

### METHOD

- 01 Peel the blush pears, set aside.
- 02 For the plum wine mixture, mix lemon zest, cinnamon ground, star anise, black sugar plum wine and water.
- 03 Put the pear into the mixture. Steam in a Miele steam oven at 90°C for 1 hour and 15 minutes.
- 04 Cut apricot in half and remove the seeds. Sprinkle with sugar and lightly torch it. Set aside.
- 05 Place the pear on a plate together with the apricot, serve with plum wine mixture.

### INGREDIENTS

Blush Pear .....	4 pcs
Apricot .....	2 pcs
Sugar .....	20 g

#### Plum Wine Mixture

Lemon Zest .....	1/2 pc
Cinnamon Ground .....	1 g
Star Anise .....	1/4 pc
Black Sugar Plum Wine .....	300 ml
Water .....	300 ml

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#### Tips

- For a softer texture of the pear, select a higher steaming temperature.
- Steaming with 100% pure steam keeps the authentic flavours of the plum wine pear.



1.5 h



4 persons

## 蒸燉梅酒梨 伴焦糖黃杏

### 做法

- 01 胭脂梨洗淨去皮，備用。
- 02 製作梅酒汁。把檸檬青、肉桂粉、八角、黑糖梅酒及水拌勻。
- 03 把梨放入梅酒汁，然後放入Miele蒸爐內以攝氏90度蒸燉1小時15分鐘。
- 04 黃杏切半後去核並灑上糖，再用火槍輕炙，備用。
- 05 蒸燉完成後將梨放在碟上，伴以黃杏及梅酒汁，即可享用。

### 材料

胭脂梨 .....	4個
黃杏 .....	2個
糖 .....	20克

#### 梅酒汁

檸檬青 .....	1/2個
肉桂粉 .....	1克
八角 .....	1/4粒
黑糖梅酒 .....	300毫升
水 .....	300毫升

網上教學短片



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貼士

- 可因應自己口感選擇調高溫度，令到梨子質地軟身。
- 利用Miele蒸爐以100%蒸氣蒸燉，確保梅酒梨子原汁原味。



1.5 小時



4 人份