

METHOD

- Marinate the sirloin with salt, pepper and smoked paprika for at least half a day, while best to marinate overnight.
- Prepare the wood chips and burn until smoky. Put the sirloin and the 02 scented smoked wood into a Miele Oven, and smoke for 1 hour without turning on the machine. Then take the Sirloin out once it is done.
- On a frying pan, seal the sirloin with high heat.
- Select "Fan Plus" function to preheat the Miele Oven to 110°C.
- Insert the wireless food probe into the center of the sirloin. Set the core temperature to 59°C.
- Put the sealed sirloin into the preheated Miele Oven. Once the sirloin 06 reaches the pre-set core temperature, the cooking programme will stop automatically. Ready to serve.

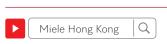
INGREDIENTS

Sirloin Beef	1 pc (600 – 700 g)
Smoked Paprika	2 tbsp
Salt	Moderate
Pepper	Moderate
Smoked Wood Chips	Moderate

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- Burning the smoke chip until smoke releases will be fine. Avoid getting on fire.
- · Using the "Taste control" function, the oven door will open automatically which allows quick cooling of the oven compartment once the cooking process comes to an end.
- The "Keep Warm" feature ensures that the food is still warm during serve, without inadvertently cooking it further.







(2) 3-4 persons



做法

- 先以鹽、胡椒及煙燻紅椒粉醃製西冷牛扒至少半日,最理想為醃過夜。
- 準備燻木,燒熱至冒出白煙,然後把西冷牛扒及已燒香的燻木一同放入 02 Miele 焗爐內,無需開機,煙燻1小時,完成後取出西冷牛扒。
- 以平底鍋大火煎封西冷牛扒。 03
- 選用「風扇加強」功能預熱 Miele 焗爐至攝氏110度。
- 把無線食物探針插入西冷牛扒內,並將中心溫度調教至攝氏59度。 05
- 將西冷放入已預熱的焗爐中,當牛扒到達預設的中心溫度時,煮食程序 06 將自動完結,即可趁熱享用。

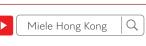
材料

西冷牛扒 1件 (600 - 700克) 煙燻紅椒粉 2湯匙 鹽 適量

網上教學短片



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- · 注意燒香燻木時,只需冒出白 煙即可,而無需起火。
- · 利用「TasteControl」功能,於 烹調完結後急降爐腔溫度,確 保不會被餘溫過度煮熟。
- 使用「Keep Warm」功能則能 為食物保溫,直到享用仍保持 適當生熟程度。



