



SLOW POACHED BLACK COD FISH IN SHELLFISH BROTH

METHOD

- 01 Heat up a pot with low heat and add oil. Sauté onion, carrot and celery. Then add shrimps and clams to stir fry.
- 02 Add fish bone and then water until it covers all the sautéed ingredients. Next, season with tomato paste, dill, thyme, black peppercorn and salt.
- 03 Mix well and bring to a boil. Then simmer for 30 minutes. Set aside.
- 04 Blanch romanesco and purple cauliflower with boiling water. Filter out water and season with salt and pepper. Set aside.
- 05 Peel parsnips and steam them with the Miele Steam Oven at 100°C for 60 minutes.
- 06 Use a food processor to blend the steamed parsnips with lemon zest, olive oil and salt together until smooth. Then use a strainer to filter the puree. Set aside.
- 07 Put the fish into the seafood broth. Steam the whole broth pot with Miele Steam Oven at 68°C for 30 minutes.
- 08 Take out the fish fillet and set aside.
- 09 Add butter and cream into the broth. Use low heat to cook and whisk until blistering.
- 10 Plate the dish with side vegetables, shellfish broth sauce and parsnip puree.
- 11 Ready to serve.

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INGREDIENTS

Black Cod Fish Fillet (Peeled) 120 g

Shellfish Broth

Fish Bone 200 g
 Shrimp 200 g
 Clam 100 g
 Onion 1/4 pc
 Carrot 1/4 pc
 Celery 2 small pcs
 Tomato Paste 1 tbsps
 Dill 1 bunch
 Thyme 1 bunch
 Black Peppercorn 5 pcs
 Salt Little
 Water 1 L

Side Vegetables

Romanesco 3-4 small pcs
 Purple Cauliflower 3-4 small pcs
 Salt Moderate
 Pepper Moderate

Sauce

Shellfish Broth 200 ml
 Butter 100 g
 Cream 50 ml

Parsnip Puree

Parsnip 300 g
 Lemon Zest Moderate
 Olive Oil Moderate
 Salt Moderate



Tips

- Using white fish bone could enhance the taste of broth.
- With Miele Steam Oven, the steaming temperature can be precisely controlled for a long time, leading to perfect results for slow cook dishes.



1.5 h



1 person

海鮮濃湯慢燉黑鱈魚

做法

- 01 以文火預熱鍋並加油，炒香洋蔥、甘荀和西芹，之後加入蝦和蜆一同炒香。
- 02 加入魚骨，然後加水蓋過炒香的材料，然後加入蕃茄膏、蒔蘿、百里香、黑胡椒粒和鹽調味。
- 03 拌勻煮滾後，轉細火煮30分鐘，備用。
- 04 用滾水為羅馬花椰菜和紫色花椰菜氽水，隔水後用鹽和胡椒調味，備用。
- 05 白甘荀去皮，然後放入Miele蒸爐以攝氏100度蒸60分鐘。
- 06 用食物處理器，將蒸好的白甘荀連同檸檬皮、橄欖油和鹽攪拌至幼滑，然後用隔篩過濾白甘荀泥，備用。
- 07 將魚塊放入海鮮濃湯中，然後將整鍋海鮮濃湯放入Miele蒸爐，以攝氏68度蒸煮30分鐘。
- 08 取出魚塊備用。
- 09 將牛油和忌廉加入海鮮濃湯中，以小火一邊加熱一邊攪拌至起泡。
- 10 將魚塊放於碟上，加上配菜、海鮮濃湯醬汁和白甘荀泥。
- 11 完成後即可享用。

材料

黑鱈魚塊 (去皮) 120克

海鮮濃湯

魚骨 200克
 蝦 200克
 蜆 100克
 洋蔥 1/4個
 甘荀 1/4條
 西芹 2小段
 蕃茄膏 1湯匙
 蒔蘿 1束
 百里香 1束
 黑胡椒粒 5粒
 鹽 適量
 水 1公升

配菜

羅馬花椰菜 3-4小粒
 紫色花椰菜 3-4小粒
 鹽 適量
 胡椒 適量

醬汁

海鮮濃湯 200毫升
 牛油 100克
 忌廉 50毫升

白甘荀泥

白甘荀 300克
 檸檬青 適量
 橄欖油 適量
 鹽 適量



貼士

- 用白身魚魚骨可以增加濃湯味道。
- 利用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。



1.5 小時



1 人份

網上教學短片



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