

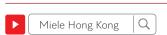
METHOD

- Heat up a pot with low heat and add oil. Sauté onion, carrot and celery. Then add shrimps and clams to stir fry.
- Add fish bone and then water until it covers all the sautéed ingredients. 02 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.
- Blanch romanesco and purple cauliflower with boiling water. Filter out water and season with salt and pepper. Set aside.
- Peel parsnips and steam them with the Miele Steam Oven at 100°C for 05 60 minutes.
- Use a food processor to blend the steamed parsnips with lemon zest, 06 olive oil and salt together until smooth. Then use a strainer to filter the puree. Set aside.
- Put the fish into the seafood broth. Steam the whole broth pot with 07 Miele Steam Oven at 68°C for 30 minutes.
- Take out the fish fillet and set aside. 08
- Add butter and cream into the broth. Use low heat to cook and whisk 09 until blistering.
- 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 Shrimp Clam Onion Carrot Celery Tomato Paste Dill Thyme Black Peppercorn Salt Water Side Vegetables	. 200 g . 100 g . 1/4 pc . 1/4 pc . 2 small pcs . 1 tbsp . 1 bunch . 1 bunch . 5 pcs . Little
Romanesco Purple Cauliflower Salt Pepper	. 3-4 small pcs . Moderate
Sauce Shellfish Broth Butter Cream	. 100 g
Parsnip Puree Parsnip	Moderate Moderate



- · 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.







(名) 1 person



做法

- 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。
- 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、 02 黑胡椒粒和鹽調味。
- 拌匀煮滾後,轉細火煮30分鐘,備用。 03
- 04 用滾水為羅馬花椰菜和紫色花椰菜汆水,隔水後用鹽和胡椒調味,備用。
- 白甘荀去皮,然後放入Miele蒸爐以攝氏100度蒸60分鐘。 05
- 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, 06 然後用隔篩過濾白甘荀泥,備用。
- 將魚塊放入海鮮濃湯中,然後將整鍋海鮮濃鍋放入Miele蒸爐,以攝氏 68度蒸煮30分鐘。
- 取出魚塊備用。 80
- 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。 09
- 將魚塊放於碟上,加上配菜、海鮮濃湯醬汁和白甘荀泥。 10
- 11 完成後即可享用。

網上教學短片



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材料

黑鱈魚塊 (去皮)	120克
海鮮濃湯 魚骨	2002 2002 1002 1/4 1/4 1/4 1/4 1/4 1/4 1/4 1/4 1/4 1/4
配菜 羅馬花椰菜 紫色花椰菜 鹽 胡椒	3-4小粒 3-4小粒 適量 適量
醬汁 海鮮濃湯 牛油 忌廉	200毫升 100克 50毫升
白甘荀泥 白甘荀 檸檬青 橄欖油 鹽	300克 適量 適量 適量



- · 用白身魚魚骨可以增加濃湯味
- · 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。



