

ROASTED FISH WITH SOUR PICKLED MUSTARD GREENS

METHOD

- 01 Preheat the Miele Oven with the “Conventional Heat” function to 250°C.
- 02 Use a knife to debone the fish and place the bones on a baking tray.
- 03 Put the bones-in-tray into the preheated oven and bake for 10 minutes using the same setting.
- 04 Heat up a wok with medium heat and add oil. Deep fry garlic, ginger, green onion, sour pickled mustard greens and pickled peppers. Add water and the baked bones. Bring all ingredients into a boil over high heat for 10 minutes.
- 05 Preheat the Miele Oven with “Full Grill” function to 300°C.
- 06 Place the boneless fish fillet on a baking tray with skin facing up, then bake it with the preheated Miele Oven for 5 minutes.
- 07 Take out the fillet afterwards and put in into the boiled soup. Bring to a boil with high heat.
- 08 Add hot pepper, coriander and sesame and ready to serve.

INGREDIENTS

Groupers	400 g
Sour Pickled Mustard Greens	1 bundle
Green Onion	2 strips
Ginger	4 slices
Garlic	4 pcs
Pickled Pepper	4 pcs
Hot Pepper (Chopped)	1 pc
Coriander (Chopped)	1 bundle
Sesame	1 tbsp
Water	1 litre
Oil	Moderate

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Tips

- Pat dry the fish skin before baking it to get a stronger aroma of grill.
- Using “Full Grill” function would allow the surface of the food to get a nice golden brown rapidly, hence to keep the moisture within.



35 mins



2 persons

香烤酸菜魚

做法

- 01 選用「一般加熱」功能預熱 Miele 焗爐至攝氏250度。
- 02 用刀為海斑去骨，然後把魚骨放在焗盤上。
- 03 將魚骨連焗盆放入已預熱的焗爐，以相同設定焗10分鐘。
- 04 以中火加熱鍋並加油，爆香蒜頭、薑、蔥、鹹酸菜和泡椒，再加入水及已焗香之魚骨，以大火煮沸10分鐘。
- 05 選用「完全燒烤」功能預熱 Miele 焗爐至攝氏300度。
- 06 將去骨之海斑放在焗盤上，魚皮朝上放置，然後將焗盤放入已預熱焗爐，以相同設定焗5分鐘。
- 07 完成後將海斑取出，放進湯汁中，以大火煮至沸騰後熄火。
- 08 放入指天椒、芫荽和芝麻即可享用。

材料

海斑	400克
鹹酸菜	1棵
葱	2條
薑	4片
蒜頭	4粒
泡椒	4隻
指天椒 (切碎)	1隻
芫荽 (切碎)	1棵
芝麻	1湯匙
水	1公升
油	適量

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貼士

- 焗前將魚皮表面印乾，效果更焦香。
- 利用「完全燒烤」功能，可以快速令食物表面焦香，以減少水份流失。



35 分鐘



2 人份