



THAI-STYLE GRILLED MARBLED GOBY

METHOD

- 01 Clean the marbled goby.
- 02 Clean coriander and garlic, then mince. Add in sugar, fish sauce, oil, oyster sauce and mix well. Set aside.
- 03 Preheat the Miele Steam Combination Oven to 200°C with “Combination Mode + Fan Plus” function and moisture set at 60%.
- 04 Brush the fish with sauce and sprinkle chopped lemongrass, galangal and lime leaves on top of the fish. Wrap the fish with the banana leaf.
- 05 Put the wrapped fish into the preheated Miele Steam Combination Oven and bake for 35 minutes.
- 06 Take out the fish when done. Unwrap the leaf and serve hot.

INGREDIENTS

Marbled Goby	1 pc (600 g)
Banana Leaf	1 pc
Lemongrass	2 pc
Galangal	3-4 slices
Lime Leaf	3-4 pcs
Coriander	1 pc
Garlic (Diced).....	3-4 pcs
Oyster Sauce	1 tbsp
Sugar	1 tbsp
Fish Sauce	1 tbsp
Oil	1 tbsp

Sauce

Fish Sauce	2 tbsp
Bird’s Eye Chilli	2-3 pcs
Lime Juice	2 pcs

Online Cooking
Demonstration Videos



FOLLOW US NOW!



Tips

- Seabass could be used instead.
- The Combination mode of the Miele Steam Combination Oven allows steaming and baking at the same time, where the heat can penetrate evenly to every part of the fish in a moisturized cavity, resulting in a juicy and soft texture.



50 mins



1-2 persons

泰式燒魚

做法

- 01 先將筍殼魚洗淨。
- 02 將芫茜和蒜頭洗淨切碎，再加入糖、魚露、油和蠔油拌勻作醃料，備用。
- 03 以「組合模式 + 風扇加強」模式預熱Miele 蒸焗爐至攝氏200度，濕度設定為60%。
- 04 將醃料塗滿筍殼魚表面，再灑上已切好的香茅、南薑和青檸葉，然後用蕉葉包好。
- 05 將包好的筍殼魚放入已預熱的蒸焗爐焗35分鐘。
- 06 從蒸焗爐取出燒魚後，打開蕉葉即可趁熱享用。

材料

筍殼魚	1條 (約600克)
蕉葉	1塊
香茅	2條
南薑	3-4片
青檸葉	3-4片
芫茜	1棵
蒜頭(切粒)	3-4粒
蠔油	1湯匙
糖	1湯匙
魚露	1湯匙
油	1湯匙

醬汁

魚露	2湯匙
指天椒	2-3條
青檸汁	2粒

網上教學短片



FOLLOW US NOW!



Miele Hong Kong



Miele



貼士

- 可選用鱸魚代替筍殼魚。
- Miele 蒸焗爐的組合模式能確保「蒸焗同步」，並於烹調過程中全時間注入濕氣，有助熱力均勻傳送，鎖住肉汁，溫度亦更快傳入魚肉，效果鮮嫩多汁。



50 分鐘



1-2 人份