Steamed abalone with dried mandarin peel

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制备过程	30 分钟
烘烤的时间：烘烤时间取决于机器	1 小时
份	4
电器	Combair-Steam SE 自 2015 年

Preparation

1 mandarin peel, dried

2 tbsp ginger

4 abalones, fresh, each about 100 g with the shell

Soak the mandarin peel in hot water until soft enough to cut. Carefully scrape off the white pith and cut the peel into fine strips. Cut the ginger into fine strips as well.

Scrub the abalones clean and rinse them thoroughly with water. Prise the flesh from the shell using a short-bladed knife or flat spatula. Remove the inner organs. Scrub off the black film with a brush or coarse sponge. Rinse the flesh and pat dry with kitchen paper.

Put the flesh into the clean abalone shells and place the shells face-down in the cooking tray. Scatter the strips of mandarin peel and ginger over the abalones. Put the cooking tray on to the wire shelf in the cold cooking space. Steam.

在 蒸汽 期间为 **100** **1** 小时°C

1 spring onion

1 chilli, red

2 tbsp oil

2 tbsp soy sauce

Edible flowers, optional

Finely chop the chilli and the green of the spring onion. Heat the oil in a pan until it starts to smoke.

Remove the strips of mandarin peel and ginger from the steamed abalones. Scatter the spring onion over the abalones and then drizzle over the hot oil and soy sauce. Garnish with the chilli and the edible flowers.

配件

Cooking tray ⅓ GN, depth 40 mm

Wire shelf

附加信息

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