Steamed scallops with broccoli

מתכון מאת V-ZUG Ltd.



Preparation	15 Mins
Resting time	12 Hrs
Cooking time	7 Mins
מנות	4
התקן	Combair-Steam SL from 2015

Preparation

8 scallops, dried, each about 2.5 cm in diameter

Wash the scallops, place in a deep bowl, add water and leave to soak overnight.

1 broccoli, small

1 tbsp goji berries, dried

Soak the goji berries in cold water for about 30 minutes. Wash the broccoli and divide into florets.

(Pre-)heat cooking space to 120 °C with Hot air + steaming

Carefully take the scallops out of the water and place them in the porcelain dish. Arrange the broccoli florets around the scallops and top with the goji berries.

Put the porcelain dish on to the wire shelf in the preheated cooking space. Cook.

Put the food in

Hot air + steaming 120 °C for 7 Mins

1 tbsp rapeseed oil

Heat up the rapeseed oil and drizzle over the cooked broccoli just before serving.

עצות

The water in which the scallops were soaked can be used for other purposes, e.g. for cooking rice.

אביזרים

Porcelain dish ⅓ GN, depth 65 mm

Wire shelf

מידע נוסף

הופק ביום	11.12.2019