Steamed scallops with broccoli

Рецепт від V-ZUG AT



готування	15 хв
Пауза	12 годин
Час готування	7 хв
Порції	4
Прилад	Combair-Steam SL з 2015 року

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.

Розігріти робочу камеру до 120 °C Гаряче повітря + зволожуюча пара

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.

Засунути страву для готування

Гаряче повітря + зволожуюча пара 120 °C протягом 7 хв

1 tbsp rapeseed oil

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

Поради

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

Аксесуари

Porcelain dish ⅓ GN, depth 65 mm

Wire shelf

Додаткова інформація

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