



Miele

KUROZATOU-GLAZED SWEET POTATO SWEET SOUP (serves 3 to 4)

INGREDIENTS

400 g sweet potatoes, 150 g Okinawa Kurozatou (dark brown sugar, ground), 80 g old ginger, boiling water

Methods:

1. Peel ginger with a metal teaspoon. Grate and squeeze through a mesh strainer. Set juice aside.
2. Peel and finely dice sweet potatoes. Save in a bowl. Add ginger juice and stir well. Sprinkle Kurozatou on top without tossing. Steam in Miele puresteam at 100°C for 30 minutes. Let cool.
3. Put sweet potato in a small bowl. Pour in boiling water and let stand briefly. Serve.

Cooking tips:

- Cooking vegetables with 100% steam helps retain nutrients, colours, crispiness and sweetness much better than blanching them in water.
- Sprinkling a layer of ground Kurozatou on the diced sweet potato before steaming helps heighten and blend the aromas of both ingredients. You may serve the glazed sweet potato straight. Or refrigerate it and serve as a snack alongside hot tea.





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薑汁蜜餞黑糖蕃薯糖水 (3至4位份)

材料

蕃薯400克、沖繩黑糖粉150克、老薑80克、沸水適量

做法：

1. 老薑以茶匙刮去外皮磨蓉，放茶隔擠出薑汁。
2. 蕃薯去皮，切小粒，放碗內。加入薑汁拌勻，黑糖粉灑面，不須拌勻。放Miele蒸爐以100°C蒸30分鐘，待冷。
3. 蕃薯粒放小碗中，注入沸水略為浸泡即可。

烹調小貼士：

- 100%純蒸氣烹調蔬菜，比沸水氽燙更能保留營養、色澤及爽甜。
- 蕃薯灑上黑糖粉，蒸熟後味道更濃郁，吸收融合彼此風味。蜜餞薯粒可直接享用，或冷凍後配熱茶作茶點。

