

SILKEN TOFU

INGREDIENTS

Fresh soya milk 500ml (room temperature), gypsum powder 1tsp, sweet potato flour 1tsp, cold water 100ml

Methods:

- 1) Mix gypsum powder and sweet potato flour evenly with cold water.
- 2) Mix the soya milk with (1) and pour into desired mould.
- 3) Put soya mixture into the Miele Steam Oven and steam at 85°C for 13 minutes.
- 4) Allow to cool before cutting.

Cold Serving Suggestion

Japanese style:

Mix 10g grated ginger, 2tbsp Japanese soya sauce, 1tsp natural Japanese dark vinegar and 1/2tsp sesame oil.

Western style:

Add vegetable salad with vinaigrette dressing, refreshing and healthy

Cooking tips:

- If you wish to make your own thick soya milk use 1L water to 200g soya beans (dry weight).
- The most important step in preparing steamed silken tofu lies in the accuracy of time and temperature. With Miele Steam Oven, precise temperature and time control is easily achieved. It has never been easier to make successful steamed silken tofu.





十分絹豆腐

材料

鮮豆漿500毫升（室溫）、石膏粉1茶匙、番薯粉1茶匙、凍水100毫升

做法：

- 1) 石膏粉及番薯粉與凍水拌勻。
- 2) 鮮豆漿與（1）拌勻，倒入自己喜愛的模型。
- 3) 豆漿糊放Miele蒸爐以85°C蒸13分鐘即成。
- 4) 豆腐待涼切件。

凍吃建議

日式食法:

薑蓉10克、日本豉油2湯匙、黑酢（日本天然黑醋）1茶匙、麻油1/2茶匙，拌勻便可以。

西式食法:

加入醋及生菜沙律，清新健康。

烹調小貼士：

- 如果想自己做更濃豆漿，比例是1公升豆漿對200克黃豆（以未浸的計算）。
- 蒸絹豆腐，時間要準確，溫度要控制恰當；以Miele蒸爐烹製，時間溫度穩定準確，處處得心應手。

