



**Miele**

# PICKLED PORK KNUCKLES IN LEMON HONEY (serves 4)

## INGREDIENTS

Cut pork knuckle 12pcs, ginger 4 slices, bulb of scallion 4pcs, Xiaoshing wine 2tbsp

## SEASONINGS

Grated zest from 1 lemon, freshly squeezed juice from 1 lemon, floral honey 250ml

### Methods:

1. Place the pork knuckles in a large pot, add water until knuckles are covered, bring to boil over medium heat. Cool pork knuckles in cold water. Drain off water.
2. Mix lemon zest with honey. Cover with aluminium foil and place in the Miele puresteam at 60°C for 20 minutes, then stir in lemon juice and allow to cool.
3. Place the pork in a heat resistant container. Mix in ginger, scallion and wine, cover and place in the Miele puresteam at 90°C for 3 hours. Remove the pork and flush with water until cool. Drain well.
4. Place the pork in a ziplock bag, pour in lemon honey and chill in the refrigerator for at least 12 hours before serving. You may chill the pork up to 24-48 hours for better taste.


### Cooking tips:

- Preparing the lemon honey sauce in 60°C retains more nutrients in honey and will not make the honey becomes sour.
- Cooking meat below 100°C allows meat fibres to keep their shape and prevents shrinking. Tendons are softer and smoother and absorb more of the sauce's essence.





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## 檸檬蜜糖凍豬手 (4位用)

材料

切件豬手12件、薑4片、蔥白4條、紹酒2湯

醬汁

檸檬皮蓉1個、鮮搾檸檬汁1個、百花蜜250毫升

做法：

1. 將切件豬手放大鍋內，注入清水至蓋面，以中火煮至沸騰後過冷河，瀝乾待用。
2. 檸檬皮蓉加入蜜糖後拌勻，加蓋錫紙放入Miele蒸爐以60°C蒸20分鐘，取出加入檸檬汁拌勻待冷。
3. 把豬手件放有蓋耐熱容器內，加入薑片、蔥白及紹酒拌勻，加蓋後放入Miele蒸爐以90°C蒸3小時，取出後以清水將豬手沖淨後瀝乾。
4. 將豬手放密實袋中，加入檸檬蜜糖放雪櫃醃漬12小時已可享用，如想更入味，可醃24 - 48小時更佳。

烹調小貼士：

- 高溫烹調容易令蜜糖變酸，以60°C蒸製鮮檸檬蜜糖令醬汁更清甜之外更能保留蜜糖的養分。
- 以低於100°C烹調肉類，肌肉纖維能夠保持外型飽滿，同時口感稔滑可口。
- 有別於明火烹調，以蒸爐炆煮毋須擔心醬汁燒乾令食味過鹹。

