



## BLACK BEAN GARLIC SALMON FILLET WITH TOMATO SALSA, CAPSICUM PUREE AND GUACAMOLE (Serves 1 to 2)

### INGREDIENTS

Capsicum Purée

Tomato Salsa

Guacamole


Salmon fillet 120 g, black bean garlic sauce 1 tbsp

Capsicum 2-3 pcs, white wine vinegar ¼ tsp, salt & pepper a pinch

Tomato 1 pc, coriander ½ bunch, shallot 1 pc, red chili ½ pc, olive oil 2 tbsp, lemon juice ½ tbsp., salt and pepper a pinch

Avocado 1 pc, lemon juice 1 tsp, tabasco a few drops, salt and pepper a pinch

### Method:

1. Marinate the salmon fillet with black bean garlic sauce, roll up tightly into a cylinder shape and wrap with cling film.
  2. Place it in a vacuum bag and seal it in the Miele Vacuum Sealing Drawer using vacuum level 3.
  3. Marinate the salmon in a fridge overnight.
  4. Torch the capsicums over a stove top until the skin is burnt, then wash the skin away in ice water.
  5. Remove the core and seeds, cut into small pieces. Cover the capsicums with water in a pot, add white wine vinegar, salt and pepper, cook over medium heat until soft.
  6. Drain off the capsicum and blend into purée in a food processor. Drain off the purée again over a fine strainer. Set aside the capsicum puree.
  7. Put peeled and finely diced tomatoes, chopped coriander, shallot and red chili into a mixing bowl, mix well. Season the salsa with olive oil, lemon juice, salt and pepper, set aside.
  8. Place the sealed bag with salmon in the Miele Steamer, select “Sous Vide” function and steam at 45°C for 30 minutes. Once finished, cool down in a bowl of ice water.
  9. Cut the avocado into half and remove the seed. Sieve the avocado through a fine strainer with a spoon, then season with lemon juice, tabasco, salt and pepper.
  10. Cut the salmon into half, plate with tomato salsa, capsicum purée and guacamole.
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## 蒜蓉豆豉三文魚柳配蕃茄莎莎、甜椒蓉及牛油果醬 (1-2人份)

三文魚柳

甜椒蓉

蕃茄莎莎

牛油果醬

三文魚120克，蒜蓉豆豉醬1湯匙

甜椒 2-3個，白酒醋1/4茶匙，鹽及黑胡椒粉少許

蕃茄 1個，芫茜1/2束，乾蔥頭1個，紅辣椒 1/2個，橄欖油2湯匙，檸檬汁1/2湯匙，鹽及黑胡椒粉少許

牛油果1個，檸檬汁1茶匙，tabasco辣汁數滴，鹽及黑胡椒粉少許

### 做法：

1. 先將蒜蓉豆豉醬塗抹於三文魚柳上，並用保鮮紙緊緊地捲成圓柱狀。
2. 把圓柱狀三文魚柳放進真空保鮮袋，然後放入Miele真空處理櫃，調較抽真空程度至3。
3. 將整袋三文魚柳放置雪櫃內醃過夜備用。
4. 將甜椒置明火爐上燒至外皮全焦，然後以冷水去掉焦皮。
5. 去除甜椒的芯及籽再切成小塊。將甜椒放入煲內，加水至蓋面並加入白酒醋、鹽和黑胡椒粉，以中火煮至軟身。
6. 隔走多餘水份並將甜椒以攪拌機打成蓉，然後置幼密篩子上剩乾備用。
7. 把已去皮切粒的蕃茄、切碎的芫茜、乾蔥頭和紅辣椒置碗內拌勻，並以橄欖油、檸檬汁，鹽和黑胡椒粉調味備用。
8. 將整袋真空三文魚柳放入Miele蒸爐內，以慢煮功能用45°C蒸30分鐘。完成後置於冰水內冷卻。
9. 牛油果切半去核後放在篩子內，並以湯匙按壓成蓉，再以檸檬汁、tabasco辣汁，鹽和黑胡椒粉調味。
10. 將三文魚切半後伴以蕃茄莎莎、甜椒蓉及牛油果醬享用。

