



**Miele**

## ‘HANDS FREE’ SOYA CHICKEN

### INGREDIENTS

1/2 a fresh chicken (about 400g), 1 tbsp of oil (for browning chicken), crushed ginger (10g)

### MARINADE

1/2 cup of light soy sauce, 1/4 cup of dark soy sauce, crushed rock sugar (100g), 2 tsp of Chinese rose wine, 3 cups of water

#### Methods:

1. Make soy sauce marinade: mixing soy sauce (light & dark), crushed rock sugar, rose wine with the water in a bowl.
2. Make a few tiny holes in the chicken. Pierce the thigh and joint of the chicken with a metal skewer or fork, pierce from the side of the chicken without skin so as not to break the skin.
3. Heat 1 tablespoon of oil in saucepan or claypot. Fry ginger for 1 minute.
4. Add chicken, skin down, brown slightly, then pour in prepared soya sauce marinade and bring to boil. Allow to boil for 2 minutes on medium heat.
5. Put chicken in Miele DGG 9 unperforated container, pour on boiling hot marinade.
6. Put it into the Miele steam oven and steam at 85°C for 40 minutes.

#### Cooking tips:

When making soya chicken using the traditional method, it requires a lot of effort to keep pouring the soy sauce over the chicken repeatedly. In addition, cooking the chicken over gas-heated stove also may easily overcook the meat. Using the Miele steam oven to make soya chicken is an easier alternative to making this delicious traditional dish at home. Miele steam oven's temperature can be adjusted from 40°C to 100°C. The chicken steamed at 85°C will be so tender, even the chicken breasts will be juicy and delicious.





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## 依時豉油雞

材料

鮮雞半隻 約400克、油 1湯匙 (爆雞用)、薑 10克 (拍爛)

豉油雞汁

生抽 1/2杯、老抽 1/4杯、冰糖 100克 (打碎)、玫瑰露 2茶匙、水 3杯

做法：

1. 先做豉油汁：生抽、老抽、冰糖、玫瑰露及水同放碗內略拌勻。
2. 在雞腿及轉彎的位置插一些小孔。用鐵籤或叉從雞肉那一面穿過，便不會把雞皮弄破。
3. 燒熱油1湯匙，爆香薑約1分鐘。
4. 加入雞，把皮的一面略煎，倒入預先撈好的豉油汁滾，收至中火滾約兩分鐘熄火。
5. 立即把雞及豉油汁放入Miele DGG 9密底容器內。
6. 放Miele蒸爐以85°C蒸40分鐘。

烹調小貼士：

以鑊浸製豉油雞，需要不斷在雞身淋上豉油，且明火烹調容易令肉質變老。以蒸爐烹製豉油雞，不但無需睇火，蒸爐更可調教40°C-100°C，以85°C烹，連雞胸部份也能做到嫩滑可口，效果出眾。

