



Steamed scallops with broccoli

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制备过程	15 分钟
等待时间	12 小时
烘烤的时间：烘烤时间取决于机器	7 分钟
份数	4
电器	Comhair-Steam SE 自 2015 年

Preparation

8 scallops, dried, each about 2.5 cm in diameter

Wash the scallops, place in a deep bowl, add water and leave to soak overnight.

1 broccoli, small

1 tbsp goji berries, dried

Soak the goji berries in cold water for about 30 minutes. Wash the broccoli and divide into florets.

将发酵桶预加热 热风+清蒸 到 **120°C**

Carefully take the scallops out of the water and place them in the porcelain dish. Arrange the broccoli florets around the scallops and top with the goji berries.

Put the porcelain dish on to the wire shelf in the preheated cooking space. Cook.

放入食物

在 热风+清蒸 期间为 **120 7 分钟°C**

1 tbsp rapeseed oil

Heat up the rapeseed oil and drizzle over the cooked broccoli just before serving.

小费

The water in which the scallops were soaked can be used for other purposes, e.g. for cooking rice.

配件

Porcelain dish ⅓ GN, depth 65 mm

Wire shelf

附加信息

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