

光波蒸鮮魚



材料：

Ingredients:

鮮魚(約1斤)

600 g Fish of Choice

蔥(切段)

Spring Onion

薑(切絲)

Ginger

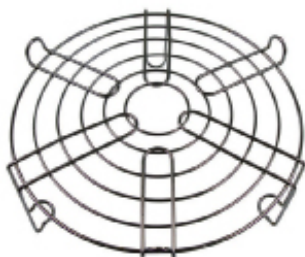
蒸魚豉油

2 tbsp Soy Sauce for Steamed Fish

花生油

2 tbsp Peanut Oil

1. 煎盤內放1湯匙水，鋪上蔥段，把魚放在蔥段上
Put 1 tbsp water in the Frying Pan. Section spring onions and spread them over Frying Pan. Then place gutted fish over spring onions.
2. 將高低架倒置(短腳向下)放入光波爐中，煎盤放於上面，再將烘盤蓋於高層，以250°C蒸10分鐘
Position Combo Rack (shorter legs pointing down) in glass container of Halogen Cooking Pot. Place Frying Pan with fish on top of it and cover it with Baking Pan. Cook for 10 min at 250 °C
3. 放上薑絲、蒸魚豉油及花生油，再蒸3分鐘即成
Put shredded ginger, soy sauce and oil over steamed fish. Then steam for another 3 min and serve.



高低架
Combo Rack



煎盤
Frying Pan



烘盤
Baking Pan