



Pigeon cold cut with meat jelly & Japanese plum wine



Pigeon cold cut ingredients :

- Pigeon 2 pcs • Ginger 3 slices • Spring onion 5 sticks
- Shaoxing wine 1 tbsp • Chicken stock 4 L • Chinese cinnamon - little
- Star anise - little • Dry mandarin peel - little • Bay leaf 1 pc
- Japanese plum wine 150 ml

Meat jelly ingredients :

- Chicken feet 10 pcs • Whole chicken bone 1 pc
- Whole pigeon bones 2 pcs • Water 1.5 L

Steps :

1. Pre-heat the steamer by using  steam function at 70°C.
2. Fry ginger, add spring onion, chinese cinnamon, star anise, dry mandarin peel, stock and shaoxing wine and boil for 5 mins.
3. Put the pigeon into stock and heat until boiling. Cover the pot and place in preheated steamer at 70°C for 20-25 mins.
4. Remove from the heat and put the pigeon into ice water. Cut pigeon breast and leg separately, put in the container and then fill Japanese plum wine to marinate overnight.
5. Blanch the chicken leg and bone, add pigeon bones and water in the pot. Heat until boiling.
6. Pre-heat the oven at 180°C by using  hot air convection mode and put the half water filled baking tray into the oven.
7. Cover the pot and place in the preheated oven at 180°C to bake for 2 hours.
8. Remove from the heat, add seasoning and strain the soup by the sieve and peel off the oil until the soup is clean. Put the stock in refrigerator until coagulate to jelly texture.
9. Cut and place the marinated pigeon meat on the plate and then add a few spoon meat jelly, decorate with plum and wolfberry to serve.

Appliance: Electric oven, steam oven and induction hob

Cooking Duration: 150 mins (excluding preparation duration)

梅酒鵪凍



梅酒凍鵪材料：

- 乳鵪 2隻 • 薑片 3片 • 青蔥 5條 • 紹酒 1湯匙 • 上湯 4公升
- 桂皮 少許 • 八角 少許 • 果皮 少許 • 香葉 1片
- 日本梅酒 150毫升

上湯啫喱凍材料：

- 雞腳 10隻 • 雞殼 1隻
- 乳鵪殼 2個 • 清水 1.5公升

步驟：

1. 先使用  蒸氣模式將蒸爐預熱至70°C。
2. 放油炒香薑片，加入青蔥，桂皮，八角，果皮，上湯，紹酒滾約5分鐘。
3. 把乳鵪放入上湯內再次滾起後蓋好，放入已預熱70°C的蒸爐，蒸約20-25分鐘。
4. 把乳鵪取出放入冰水內降溫，起出鵪胸肉和脾放在器皿內加入梅酒浸過夜，備用。
5. 把雞腳，雞殼汆水，連同剩餘的鵪殼加清水放在鐵鍋內加熱至滾起。
6. 於焗爐使用  熱風模式預熱至180°C，同時放入半滿水的焗盤。
7. 把煲蓋好，放入預熱180°C之焗爐，焗約2小時。
8. 取出加入鹽調味，湯過隔篩後去油，放入雪櫃冷卻後凝固成上湯啫喱凍。
9. 鵪肉切件上碟，再放部份上湯啫喱凍，加入杞子，梅果裝飾即成。

電器： 焗爐、蒸爐及電磁爐

烹調時間： 150分鐘（不包括預備時間）