




## Seafood mousse with onsen egg and lobster sauce

### Ingredients :

- Fish meat 200 g • Shrimp meat 100 g • Egg White 80 g
- Salt 5 g • Cream 250 g • Egg 10 pcs
- Lobster head (chopped) 200 g • Diced onion 50 g
- Diced tomato 150 g • Chicken broth 150 g
- Cream 150 g • Salt 2 g

### Steps :

1. Pre-heat steamer by using  steam function at 65°C.
2. Put fish meat, shrimp meat, egg white and salt into the blender until it becomes puree. Then add in cream to mix until it's soft as mousse. Then pour out and place in fridge.
3. Place egg in 63°C hot water for 25 mins. Remove shells and put it in a big bowl.
4. Set induction hob to level 9. Add olive oil in a flat pan and pan fry the lobster head and onion. Add tomato, chicken broth, cream and salt until cooked. Then slow cook at level 4 for 5 mins. Remove the lobster sauce from heat and put into a blender to blend into puree. Then use a filter to filter the remaining.
5. Put a thin layer of seafood mousse into a round mould. Then place an onsen egg in the middle and cover with another seafood mouse layer.
6. Place the mousse into the steamer at 65°C and steam for 10 mins. Remove mousse from the heat and place on serving plate. Remove the round mould and add lobster sauce to serve.

**Appliance:** Steam oven and induction hob  
**Cooking Duration:** 35 mins (excluding preparation duration)


Recipe provided by: **Mr. Ricky Cheung**

## 溫泉蛋海鮮慕絲伴龍蝦汁

### 材料：

- 魚肉 200克 • 蝦肉 100克 • 蛋白 80克
- 鹽 5克 • 忌廉 250克 • 雞蛋 10隻
- 龍蝦頭（切碎） 200克 • 洋蔥粒 50克
- 番茄粒 150克 • 雞湯 150克
- 忌廉 150克 • 鹽 2克

### 步驟：

1. 使用  蒸氣模式將蒸爐預熱至65°C。
2. 將魚肉、蝦肉、蛋白及鹽放入攪拌器打成茸狀，之後慢慢加入忌廉，打成軟滑Mousse狀，倒出盛起存放在雪櫃內，備用。
3. 雞蛋放入63°C的熱水內浸25分鐘，將焗好的溫泉蛋打入一大碗內，備用。
4. 平底鍋下少許橄欖油，加入龍蝦頭及洋蔥炒香。加入番茄、雞湯、忌廉及鹽。先將電磁爐調校至9級火力把材料煮滾，後調校至4級火力慢火煮5分鐘。將龍蝦汁放入攪拌器內打成茸，隔渣備用。
5. 在圓形餅模的底層和內側填上一層薄薄的神鮮慕絲。將一個溫泉蛋放在慕絲中間，再用海鮮慕絲封頂。
6. 以65°C的蒸爐將慕絲蒸10分鐘，取出慕絲放在餐碟上，退去圓形餅模，再拌上龍蝦汁即成。

**電器：** 蒸爐及電磁爐  
**烹調時間：** 35分鐘（不包括預備時間）