



## Roast eel fillet with cointreau liquor

### Ingredients :

- Eel fillet (boneless) 4 pcs (around 80g/pc)
- Marinade sauce with eel flavour "Japanese style" 100 ml
- Black pepper - little
- Orange skin 1 pc
- Sugar 200 g
- Water 50 ml
- Cointreau liquor 50 ml

### Steps :

1. Pre-heat the oven at 230°C by using hot air convection mode.
2. Prepare orange flavour syrup. Put sugar, water and orange skin in the pot, use slow heat to cook until sugar melted and become thick.
3. Slice the eel and season with pepper. Brush little marinade sauce on the eel. Place in preheated oven and use top and bottom heating mode to roast for 5 mins.
4. Take out eel fillet from the oven, brush the marinade sauce and orange syrup on the eel. Then roast for another 5 mins.  
(Repeat this process for 4-5 times)
5. Switch the roasting function to top heating at 220°C, roast the eel skin until it turns crispy.
6. Put the orange slice and confiture orange skin on the plate for decoration. Burn the cointreau liquor on top of the eel.

### Tips :

1. To make the eel skin crispy, put the baking tray on top rack of the oven.
2. Use slow heat to cook the syrup until it melts. No stirring as sugar will be crystallized and not smooth.

**Appliance:**

**Cooking Duration:**

Electric oven

30 mins (excluding preparation duration)

## 君度酒燒鱈

### 材料：

- 白鰐肉（去骨）4件（每件約2-3兩）
- 日式蠻魚汁 100毫升
- 黑胡椒碎 少許
- 橙皮 1個
- 砂糖 200克
- 水 50毫升
- 君度橙酒 50毫升

### 步驟：

1. 使用 烘風模式把焗爐預熱至230°C。
2. 將砂糖，水，橙皮放入煲內用細火煮至糖溶及稠身，製成橙皮糖漿備用。
3. 白鰐柳切件，加入黑椒碎和掃上日式蠻魚汁。放入已預熱230°C的焗爐以 上下發熱模式焗約5分鐘。
4. 取出掃上蠻魚汁和橙皮糖漿後，再放回焗爐焗5分鐘。  
(重複此步驟四至五次)
5. 轉用 上發熱模式至220°C，以照燒方式把白鰐皮燒至少許焦脆。
6. 放上橙皮絲和橙柳作裝飾，最後把君度橙酒淋上燒白鰐面點燃即成。

### 貼士：

1. 白鰐皮要燒得焦脆，在照燒時把焗盤放至爐架最高位置，讓白鰐表面直接受熱。
2. 烹糖漿時必須用慢火煮至糖溶，過程中不可攪拌，因攪拌時糖會形成沙粒結晶狀，不會順滑。

**電器：**焗爐

**烹調時間：**30分鐘（不包括預備時間）