



At Thermomix®, we aim for perfection with each of our recipes.

Time to time again, we take in feedback from our user community and tweak the recipes so they cook easier and taste better.

This recipe has been adjusted.

- Page 178 Coffee Ribs, Winter Melon Chicken and Black Pepper Root Veggie

COFFEE RIBS, WINTER MELON CHICKEN AND BLACK PEPPER ROOT VEGGIE

INGREDIENTS

Coffee ribs

- 800 g pork ribs, cut into pieces (5-6 cm)
- 1 tbsp oyster sauce or ½ tbsp chicken stock powder
- 2½ tbsp sugar (refer to step 5)
- ½ tsp salt
- ½ tbsp light soy sauce
- 1 tsp sesame oil, dark (roasted)
- 1 tbsp custard powder
- 150 g water (refer to step 5)
- 2 tbsp maltose (refer to step 5)
- 1 tbsp Worcestershire sauce (refer to step 5)
- ¾ tsp instant coffee powder (refer to step 5)

Winter melon chicken

- 400 g chicken thigh fillets, with skin, cut into pieces (3 cm)
- 1 tbsp oyster sauce or ½ tbsp chicken stock powder
- 1 tbsp Chinese rice wine (Shaoxing Hua Tiao)
- 1 pinch salt (optional)
- 200 g winter melon, peeled, cut into slices (1 cm)
- 10 g sesame oil, dark (roasted)
- 4 ginger slices
- 1 sprig spring onion, chopped, to garnish (refer to step 5)

USEFUL ITEMS

steaming dish (Ø 20 cm)

PREPARATION

Coffee ribs

1. Place a large bowl onto mixing bowl lid, weigh in pork ribs. Add oyster sauce, ½ tbsp sugar, salt, light soy sauce, sesame oil and custard powder and mix. Marinate and set aside.

Winter melon chicken

2. Place a bowl onto mixing bowl lid, weigh in chicken. Add oyster sauce, rice wine and salt. Place a steaming dish (Ø 20 cm) onto mixing bowl lid, weigh in winter melon. Arrange reserved chicken onto it. Set aside.
3. Place sesame oil and ginger slices into mixing bowl, sauté **4 min/120°C/speed 4**. Drizzle on prepared steaming dish. Insert the dish in Varoma dish. Clean mixing bowl.



20 min



2 h 20 min



easy



15 pieces



Nutritional values per piece:
 Energy 49 kcal/ Protein 0 g/
 Carbs 10 g/ Fat 1 g/ Sodium
 30 mg/ Dietary fibre 0 g

INGREDIENTS

Black pepper root veggie

- 400 g root vegetables (Russet potatoes, carrots, sweet potatoes and taro root), cut into cubes (1 cm)
- 80 g brown onions, cut into cubes (1 cm)
- 1 tbsp olive oil
- 1 pinch ground black pepper
- 1 pinch salt

Black pepper root veggie

- Place root vegetables and onions onto Varoma tray. Place reserved marinated pork ribs and marinade into mixing bowl, set Varoma dish and tray in position. Close Varoma lid and cook **25 min/Varoma/🌀/speed 4**. Remove Varoma and set aside.
- Add water, maltose, Worcestershire sauce, 3 tsp instant coffee powder and sugar to mixing bowl, without measuring cup, stir fry **15 min/120°C/🌀/speed 4**. Add ¼ tsp instant coffee powder to mixing bowl and mix well with spatula, stir pork ribs to let sauce coat well. Transfer pork ribs to a serving dish. Transfer steamed root vegetables into a serving plate, drizzle with olive oil, ground black pepper and salt. Toss well. Garnish steamed chicken with spring onion. Serve hot.

TIPS

- To remove the smell from raw pork, before cooking place pork ribs and 600 g water into mixing bowl, blanch **30 min/50°C/🌀/speed 4**. This will also remove impurities and blood within the meat.
 - You can marinate coffee ribs at least 3 hours or overnight before cooking.
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咖啡排骨、冬瓜蒸鸡和黑胡椒薯块

食材

咖啡排骨

800克 排骨, 切块(5-6公分)
1汤匙 蚝油或½汤匙 鸡精粉
2½汤匙 糖(参考步骤5)
½茶匙 盐
½汤匙 酱青
1茶匙 麻油
1汤匙 蛋黄粉(卡士达粉)
150克 水(参考步骤5)
2汤匙 麦芽糖(参考步骤5)
1汤匙 伍斯特酱汁(参考步骤5)
¾茶匙 速溶咖啡粉(参考步骤5)

冬瓜蒸鸡

400克 鸡腿肉, 连皮, 切块(3公分)
1汤匙 蚝油或½汤匙 鸡精粉
1汤匙 绍兴花雕酒
1小撮 盐(可省略)
200克 冬瓜, 去皮, 切片(1公分)
10克 麻油
4个 新鲜姜片
1小支 青葱, 切葱花, 装饰用(参考步骤5)

黑胡椒薯块

400克 根茎类蔬菜(褐色马铃薯、红萝卜、番薯和芋头), 切丁(1公分)
80克 棕色洋葱, 切丁(1公分)
1汤匙 橄榄油
1小撮 黑胡椒粉
1小撮 盐

实用配件

耐热蒸盘(直径20公分)

做法

咖啡排骨

1. 将一个大碗置放在主锅盖上, 放入排骨称重。在碗里加入蚝油、½汤匙糖、盐、酱青、麻油和蛋黄粉混合。腌制并置于一旁待用。

冬瓜蒸鸡

2. 将一个碗置放在主锅盖上, 放入鸡肉称重。在碗里加入蚝油、绍兴酒和盐混合。将一个耐热蒸盘(直径20公分)置放在主锅盖上, 放入冬瓜称重。把腌制好的鸡肉放在冬瓜上, 置于一旁待用。
3. 将麻油和姜片放入主锅, 以**4分/120°C/速度**爆香。淋在备用的耐热蒸盘上。将耐热蒸盘嵌入蒸锅内。清洁主锅。

黑胡椒薯块

4. 将根茎类蔬菜和洋葱放在蒸盘上。将腌制好的排骨及腌汁放入主锅, 架上蒸锅和蒸盘, 盖上蒸锅盖, 以**25分/Varoma/速度**烹煮。取下蒸锅组, 置于一旁待用。
5. 加入水、麦芽糖、伍斯特酱汁、3茶匙速溶咖啡粉和2汤匙糖至主锅内, 无需盖上量杯, 以**15分/120°C/速度**拌炒。加入¼茶匙速溶咖啡粉至主锅内, 利用刮刀棒搅拌混合均匀, 让所有排骨都均匀沾上酱汁。将排骨转移至一个盛盘。将蒸好的根茎类蔬菜倒入一个盛碟中, 淋上橄榄油、黑胡椒粉和盐。拌匀。将葱花洒在蒸鸡上装饰点缀。趁热享用。

贴士

- 欲去除鲜肉的臊味, 烹煮前将排骨和600克水放入主锅, 以**30分/50°C/速度**余烫。此举可去除鲜肉中的杂质和血水, 让其滋味更佳。
- 您可以在烹煮前腌制咖啡排骨至少3小时或隔夜。



10 分钟



1 小时



简易



6 人份量



每份的营养价值:

热量 1774 kJ/ 424 kcal

蛋白质 41 g/ 碳水化合物 30 g/ 脂肪 14 g