

椒鹽鮮魷 & 豆腐凱撒沙律

Salt & Pepper Squid & Tofu on Caesar Salad





材料

Ingredients

1-2 隻 鮮魷(洗淨, 去眼及骨, 切件)

Main: 1-2 Squids (cleaned, eyes and bone removed, cut into bite-sized pieces)

1 塊 硬豆腐(瀝乾水分, 切粒)

Protein: 1 packet Firm Tofu (drained thoroughly and cubed)

20-30 克 薯粉(裹粉用)

Coating: 20-30g Potato Flour (Potato flour provides a lighter, superior crunch for flash-frying)

椒鹽粉: 鹽、五香粉、白胡椒

Spiced Salt: A signature blend of Salt, Five-Spice Powder, and White Pepper

爆香料: 30 克 蒜蓉、

30 克 甜椒粒、20 克 青蔥粒

Aromatics: 30g chopped Garlic, 30g chopped Bell Peppers, 20g chopped Spring Onions

適量油

Oil: for deep frying

凱撒沙律組合

Caesar Salad Base

羅馬生菜

Romaine Lettuce

番茄

Caesar Dressing

凱撒醬

Tomatoes



做法 Preparation & Cooking Steps

1. 食材處理: 鮮魷件均勻裹上薄薄一層薯粉。豆腐必須徹底瀝乾, 這是炸得金黃、不黏底且不濺油的關鍵。
2. 極速熱油: 啟動 Siemens 電磁爐 Level 9 最大火力。
3. 金黃豆腐: 將火力調整至穩定的高溫 (如 Level 8), 放入豆腐粒。
4. 極速炸魷: 維持高溫, 下鮮魷快炸。
5. 乾爽爆香: 倒出餘油, 利用 17 段精準火力 調至中大火, 迅速爆香蒜蓉、甜椒及青蔥。
6. 調味: 加入椒鹽粉, 隨即放回魷魚及豆腐快速炒勻, 讓香料均勻沾滿表面。
7. 清新配搭: 將熱辣惹味的椒鹽鮮魷豆腐, 配上爽脆的羅馬生菜、番茄及凱撒醬一同享用。這種冷熱交替、香脆與清爽的對比, 正是 Christian 的招牌風格。

1. Preparation: Clean the squid, removing the eyes and the bone. Cut into uniform pieces and coat thoroughly in potato flour.
2. Tofu Prep: Ensure the tofu is well-drained to prevent spluttering, then cut into even cubes.
3. High-Intensity Heating: Activate your Siemens IH Hob to Level 9 to heat the oil in a saucepan quickly.
4. The Golden Tofu: Once the oil is hot, adjust to a stable high heat (e.g., Level 8). Deep fry the tofu cubes until they develop a consistent golden-brown crust. Remove and set aside.
5. Flash-Frying the Squid: Maintain the high heat. Deep fry the squid pieces quickly.
6. The Aromatic Toss: In a wok, stir-fry the garlic, bell pepper, and spring onions until fragrant.
7. The Seasoning: Add the spiced salt to the aromatics, then return the squid and tofu to the wok. Gently toss until every piece is perfectly coated in the spice mix.
8. The Refreshing Balance: Serve the hot, savory salt and pepper mixture alongside a fresh Caesar salad for a perfect contrast of temperatures and textures.



入廚迷思: 電磁爐油炸恆溫差, 食材一落鑊油溫就跌, 炸出嚟「油淋淋」?

Cooking Myth: Is induction frying unreliable? Many fear that adding cold ingredients like squid or tofu drops the oil temperature, leaving food soggy and oily rather than crisp.



Siemens 智感小貼士:

- 利用 PowerBoost 功能, 能大幅縮短油溫達標的時間。當油開始冒出細微小氣泡, 表示已達到理想油溫。
- 受惠於 17 段精準火力, 您可以微調出最適合該份量油量的「黃金檔位」, 讓豆腐表面均勻炸至金黃硬身, 撈起備用。
- 鮮魷炸久了會韌。Siemens 電磁爐的高功率的高瓦數輸出能確保放入鮮魷後, 油溫不會大幅下滑, 讓外殼在數十秒內迅速酥脆, 內裡保持彈牙。

Siemens Tip:

- The PowerBoost function significantly reduces the time needed to reach frying temperature, so you spend less time waiting and more time cooking.
- Thanks to the high-wattage output of the Siemens IH zones, the heat recovery is nearly instantaneous. This ensures the squid sears and crisps in seconds, remaining tender inside.
- Use the 17-stage precision control to find the exact "sweet spot" where your aromatics are perfectly toasted and golden without burning.