Caponata

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制备过程	30 分钟
烘烤的时间：烘烤时间取决于机器	45 分钟
份	4
电器	Combair SE 自 2015 年

Preparation

2 aubergines

1 courgette

1 fennel

6 pascal celery stalks

400 g plum tomatoes

将发酵桶预加热 湿热风 到 **160 °C**

Wash and dice the vegetables. Put the aubergine in the bottom of the porcelain dish. Scatter over the courgette, fennel and celery. Layer the plum tomatoes over the vegetables. Put the porcelain dish on to the wire shelf in the preheated cooking space. Cook.

放入食物

在 湿热风 期间为 **160** **45** 分钟°C

100 g raisins

50 g pine nuts

3 sprigs of basil

3 tbsp Balsamic vinegar, white

5 tbsp olive oil

Salt

Pepper

Soak the raisins in warm water. Toast the pine nuts and set to one aside. Chop the basil.

When the vegetables are done, add the raisins, pine nuts and basil to the vegetables and stir everything together well.

Drizzle over the olive oil and balsamic vinegar, season with salt and pepper and stir in gently.

配件

Porcelain dish ½ GN, depth 65 mm

Wire shelf

附加信息

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