Spare ribs

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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	8 小时 15 分钟
份	4
电器	Combair-Steam SL 自 2017 年起

Marinade

4 cloves of garlic

5 cm ginger

1 onion

250 ml apple juice

200 ml maple syrup

10 g fleur de sel

100 g unrefined sugar

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10 g smoked paprika powder

5 g pepper

1 sprig of rosemary, needles

Peel and crush the cloves of garlic. Peel and finely chop the onion. Sweat the garlic and onion in a little oil in a frying pan. Peel and finely chop the ginger. Pull the rosemary needles from the sprig.

For the marinade, purée all the ingredients together.

Spare ribs

2 kg spare ribs, lean, veal

Put the spare ribs and the marinade into a vacuum bag, vacuum seal on level 2 and leave to marinate in the refrigerator for about 24 hours.

Place the bag in the perforated cooking tray and put it into the cold cooking space. Cook.

真空蒸煮 直到发酵桶温度达到 65°C（不得超过 **8** 小时）

When the spare ribs are cooked, cut open the bag, pour the juices into a saucepan and reduce to a syrup.

Cover the baking tray with baking paper and lay the spare ribs on it.

电器预加热

将发酵桶预加热 热风 到 **230 °C**

Brush the spare ribs with half of the syrup. Put the tray into the preheated cooking space. Cook.

放入食物

在 热风 期间为 **230 8** 分钟°C

Brush the spare ribs again with the syrup.

洒

在 热风 期间为 **230 7** 分钟°C

Serve the spare ribs with chips.

配件

Perforated cooking tray

Baking tray

Vacuum bag

附加信息

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