



Aubergine tartar

食谱作者 V-ZUG 瑞族



制备过程	20 分钟
烘烤的时间	30 分钟
时间：烘烤时间取决于机器	
份	4
电器	Comhair-Steam SE 自 2015 年

Preparation

将发酵桶预加热 热风+清蒸 到 **230 °C**

Prick the aubergines all over with a knife or skewer, then place them on a baking tray that has been lined with baking paper. Put the baking tray into the preheated cooking space. Cook.

2 aubergines

放入食物

在 热风+清蒸 期间为 **230 20 分钟**°C

1 clove of garlic

After the time is up, place the glove of garlic on the baking tray along with the aubergines. Cook.

添加成分

在 热风+清蒸 期间为 **230 10 分钟**°C

2 tbsp olive oil

1 pinch of cumin

1 sprig of basil

1 sprig of parsley

Salt

Pepper

Finely chop the parsley and basil.

After cooking, cut the aubergines in half and scrape out the flesh with a spoon. Peel and finely chop the garlic. Put the flesh from the aubergines, the garlic, parsley, basil and cumin in a bowl and stir together well. Season with salt and pepper.

小费

Aubergine tartar goes well with grilled food, risotto and fried fish.





配件

Baking tray

