



Carbonade flamande

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制备过程
烘烤的时间：
烘烤时间取决于机器
电器

45 分钟
2 小时

Combair SE 自 2015 年

Preparation

1 kg pork cheeks, cut into 5 cm chunks
1 onion
50 g bread
1 clove of garlic
75 g butter
1 tbsp plain flour
2 sprigs of thyme
2 bay leaves
1 tbsp mustard
250 ml Belgian beer, dark, e.g. Rodenbach
250 ml stock, brown
Salt
Pepper

将发酵桶预加热 湿热风, 到 **160°C**

Peel and finely chop the onions. Crush the unpeeled clove of garlic. Remove the crusts from the bread and cut into large chunks. Mix the flour with a little stock. Add the rest of the stock, beer and mustard and mix well.

Put all the ingredients into the porcelain dish in the following order: onion, garlic, thyme, bay leaves, pork cheeks, knobs of butter, olive oil, bread, salt and pepper. Pour the stock over all the ingredients. Put the porcelain dish on the wire shelf in the preheated cooking space. Cook.

放入糕点

在 湿热风 期间为 **160 1 小时°C**

After 1 hour, stir everything together well. Continue cooking.

折叠

在 湿热风 期间为 **160 1 小时°C**





配件

Wire shelf

Porcelain dish 1/2 GN, depth 65 mm

附加信息

创建时间

11.12.2019

