



Duck breast

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

Duck breast

1 kg potatoes, La Ratte
4 cloves of garlic
¼ bunch of parsley
2 tbsp olive oil
Salt

将发酵桶预加热 热风+清蒸 到 **200°C**

Wash the potatoes and cut in half lengthways. Crush the garlic. Chop the parsley. Mix all the ingredients together. Arrange the potatoes on the baking tray cut-side down. Put the tray into the preheated cooking space at level 1. Bake.

放入食物

在 热风+清蒸 期间为 **200 15 分钟°C**

4 duck breasts
Salt
Pepper

Score the skin of the duck breasts in a criss-cross pattern. Season the duck breasts with salt and pepper and place on the wire shelf. Put the wire shelf at level 2 in the cooking space at the same time as the potatoes.

放入架子

在 热风+清蒸 期间为 **200 15 分钟°C**

Open the appliance door and allow the duck breasts to rest for 10 minutes.

morels

30 g morels, dried
1 tbsp butter
Salt
Pepper





Soak the morels in warm water until soft, then halve and wash them well.

Sauté the morels in a pan with a knob of butter and season with salt and pepper. Serve with the duck breasts.

小费

Insert the food probe into one duck breast to monitor the temperature. The duck breast must have a food probe temperature of at least 60 °C after resting.

配件

Wire shelf

Baking tray

附加信息

创建时间

11.12.2019

