



Fruit compote

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制备过程 15 分钟
烘烤的时间：烘烤时间取决于机器
份 4
电器 Comhair-Steam S 自 2012 年

Preparation

- 2 apples
- 2 pears
- 3 prunes
- 3 tbsp Cointreau

Peel, cut into eighths and core the apples and pears.

Halve and pit the plums, then cut the plum halves into quarters.

Spread the prepared fruit out in the porcelain dish and drizzle with Cointreau. Put the porcelain dish on the wire shelf in the cold cooking space. Steam.

在 蒸汽 期间为 **100 12 分钟**°C

- ½ pomegranate

Remove the seeds from the pomegranate and scatter over the compote.

小费

Sweeten the compote with sugar to taste.

Redcurrants can be used instead of pomegranate seeds.

配件

Porcelain dish ⅓ GN

Wire shelf

