



Millet pot

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制备过程	20 分钟
烘烤的时间：烘烤时间取决于机器	25 分钟
份	4
电器	Combair-Steam SE 自 2015 年

Preparation

250 g millet
250 ml tomato juice
250 ml water
1 tsp salt
Pepper
300 g cherry tomatoes

Put the millet, tomato juice, water, salt, pepper and cherry tomato halves into the porcelain dish. Put the dish on to the wire shelf in the cold cooking space. Steam.

在 蒸汽 期间为 **100 25 分钟**°C

40 g pine nuts
50 g black olives
1 tbsp oregano
1 bunch of flat-leaved parsley
2 tbsp olive oil

Roast the pine nuts without oil in a frying pan. Halve and pit the olives. Finely chop the parsley and oregano. After steaming, mix the pine nuts into the millet mixture along with the olives, herbs and olive oil.

配件

Porcelain dish ½ GN, depth 65 mm
Wire shelf

附加信息

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