Leg of rabbit with morel sauce

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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	1 小时
份	4
电器	Combair-Steam SL 自 2017 年起

Preparation

4 rabbit legs, about 200 g

½ tbsp butter

20 g morels, dried

1 sprig of rosemary

Soak the morels in warm water, then halve and wash them well. Put the rabbit legs, butter, sprig of rosemary and morels into a vacuum bag and vacuum seal on level 3. Stick the sealing pad at the thickest point and insert the food probe. Put the vacuum bag on to the wire shelf in the cold cooking space and plug the food probe into the food probe socket. Cook until the food probe temperature is reached.

真空蒸煮 65°C，至烹调温度为 65°C（最高 **1** 小时）

Olive oil

1 shallot

100 ml white wine

100 ml cream

1 tbsp cognac

Salt

Pepper

Take the rabbit legs out of the bag, pat dry and season with salt and pepper. Put the rest of the ingredients aside. Heat the olive oil in a frying pan and briefly sear the rabbit legs on all sides. Keep the rabbit legs warm.

Peel and finely chop the shallot. Brown the shallot and morels in the same oil as the rabbit legs and deglaze with white wine. Add the cooking juices from the vacuum bag and reduce by half. Add the cognac and single cream at the end, season with salt and pepper to taste.

小费

Before vacuum sealing, cover any sharp bones with aluminium foil to prevent puncturing the vacuum bag.

配件

Vacuum bag

Sealing pad

Wire shelf

附加信息

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