



Ratatouille

食谱作者 V-ZUG 瑞族



制备过程	30 分钟
烘烤的时间	45 分钟
时间：烘烤时间取决于机器	
份	4
电器	Comhair-Steam SE 自 2015 年

Preparation

- 1 aubergine, about 400 g
- 2 courgettes
- 1 sweet pepper, red
- 1 sweet pepper, green
- 2 onions
- 2 tomatoes
- 2 cloves of garlic
- 5 g herbes de Provence
- 1 tin of peeled plum tomatoes, diced, about 400 g
- Salt
- Pepper

将发酵桶预加热 湿热风 到 **160°C**

Wash and dice the vegetables (keep them separate). Peel and dice the onions. Crush and peel the garlic.

Put the vegetables into the porcelain dish in the following order: aubergine, courgette, sweet pepper, onion, garlic and tomato. Top with the plum tomatoes, sprinkle over the herbes de Provence and season with salt and pepper. Put the porcelain dish on the wire shelf in the preheated cooking space. Cook.

- 100 ml olive oil, extra virgin

放入食物

在 湿热风 期间为 **160 45 分钟°C**

When cooked, mix the ratatouille well with a spoon. Add the olive oil, stirring constantly.

小费

Ratatouille tastes even better the next day when reheated with «RegenerateOmatic humid»





配件

Porcelain dish ⅔ GN, depth 65 mm

Wire shelf

