Sweet potatoes baked in aluminium foil and served with a ham and sour cream sauce

Opskrift af V-ZUG Ltd



Tilberedning
Tilberedningstid
Portioner 4

Sweet potatoes

4 sweet potatoes, each about 250 g

4 bay leaves

Wash the sweet potatoes and put in the perforated cooking tray. Put the tray into the cold cooking space. Steam.

Dampning 100 °C i 20 Min.

Tilbered

Take out the sweet potatoes and wrap individually, together with a bay leaf, in aluminium foil. Put the sweet potatoes back into the perforated cooking tray. Bake.

Sæt bagværket ind

Varmluft 200 °C i 40 Min.

Take the sweet potatoes out of the aluminium foil.

Ham and sour cream sauce

1 tbsp olive oil

150 g diced ham

1 spring onion

200 g sour single cream

1 bunch of parsley, flat-leaved

2 tbsp lemon juice

Salt

Pepper

Chop the parsley and add to the diced ham along with the sour single cream and the lemon juice. Mix well. Season the sauce with salt and pepper and serve with the sweet potatoes.

Tilbehør

Perforated cooking tray

Yderligere oplysninger

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