



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

Receta de V-ZUG AG



Preparación
Tiempo de
cocción
Porciones 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.

Cocción al vapor 100 °C durante 20 Min.

Preparar

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.

Introducir el producto de horneado

Aire caliente 200 °C durante 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.





Accesorios

Perforated cooking tray

Información complementaria

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