Caponata

מתכון מאת V-ZUG Ltd.



Preparation	30 Mins
Cooking time	45 Mins
מנות	4
התקן	Combair SEP from 2015

Preparation

2 aubergines

1 courgette

1 fennel

6 pascal celery stalks

400 g plum tomatoes

(Pre-)heat cooking space to 160 °C with Hot air humid

Wash and dice the vegetables. Put the aubergine in the bottom of the porcelain dish. Scatter over the courgette, fennel and celery. Layer the plum tomatoes over the vegetables. Put the porcelain dish on to the wire shelf in the preheated cooking space. Cook.

Put the food in

Hot air humid 160 °C for 45 Mins

100 g raisins

50 g pine nuts

3 sprigs of basil

3 tbsp Balsamic vinegar, white

5 tbsp olive oil

Salt

Pepper

Soak the raisins in warm water. Toast the pine nuts and set to one aside. Chop the basil.

When the vegetables are done, add the raisins, pine nuts and basil to the vegetables and stir everything together well.

Drizzle over the olive oil and balsamic vinegar, season with salt and pepper and stir in gently.

אביזרים

Porcelain dish ½ GN, depth 65 mm

Wire shelf

מידע נוסף

הופק ביום	11.12.2019