



# Carbonade flamande

Recipe by V-ZUG Ltd.



Preparation 45 Mins  
Cooking time 2 Hrs  
Appliance Comhair SEP from 2015

## Preparation

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1 kg pork cheeks, cut into 5 cm chunks  
1 onion  
50 g bread  
1 clove of garlic  
75 g butter  
1 tbsp plain flour  
2 sprigs of thyme  
2 bay leaves  
1 tbsp mustard  
250 ml Belgian beer, dark, e.g. Rodenbach  
250 ml stock, brown  
Salt  
Pepper

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

Peel and finely chop the onions. Crush the unpeeled clove of garlic. Remove the crusts from the bread and cut into large chunks. Mix the flour with a little stock. Add the rest of the stock, beer and mustard and mix well.

Put all the ingredients into the porcelain dish in the following order: onion, garlic, thyme, bay leaves, pork cheeks, knobs of butter, olive oil, bread, salt and pepper. Pour the stock over all the ingredients. Put the porcelain dish on the wire shelf in the preheated cooking space. Cook.

### **Put the pastry in**

#### **Hot air humid 160 °C for 1 Hrs**

After 1 hour, stir everything together well. Continue cooking.

### **Fold-in**

#### **Hot air humid 160 °C for 1 Hrs**





## Accessories

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Wire shelf

Porcelain dish 1/2 GN, depth 65 mm

