Carbonade flamande

Recipe by V-ZUG Ltd.



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

Preparation

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

Wire shelf

Porcelain dish ½ GN, depth 65 mm

Additional information

Created on	11.12.2019