



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

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Hazırlama
Pişirme
süresi
Porsiyon
Cihaz

20 Dak.
1 Saat

4
Combair-Steam SE 2015 itibarıyla

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.

Buğulama esnasında 100 20 Dak. °C

Hazırlayın

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.

Fırında pişirilecek yemeğin koyulması

Sıcak hava esnasında 200 40 Dak. °C

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

For the sauce, heat up the olive oil, add the diced ham and fry briefly. Slice the spring onion into rings, add them to the pan, fry briefly and then remove from the heat.





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.

Aksesuar

Perforated cooking tray

