



Carbonade flamande

Recipe by V-ZUG Ltd.



Preparation 45 Mins
Cooking time 2 Hrs
Appliance Comhair HSE 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

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