



# Boeuf bourguignon

食谱作者 V-ZUG 瑞族



制备过程	30 分钟
烘烤的时间	2 小时
时间取决于机器	
份	4
电器	Comhair SE 自 2012 年

## Preparation

- 2 carrots
- 2 onions
- 1 kg beef, for braising, allowing 60 g per person
- 750 ml red wine, burgundy
- 200 g champignons
- 150 g diced bacon
- 1 clove of garlic
- 1 tsp tomato purée
- Salt
- Pepper

将发酵桶预加热 湿热风 到 **160°C**

Wash and peel the carrots and cut into 2 cm cubes. Peel and finely chop the onions. Peel and crush the clove of garlic.

Place all the ingredients in a porcelain dish, season and mix together well.

Put the porcelain dish on the wire shelf in the preheated cooking space. Cook.

放入糕点

在 湿热风 期间为 **160 2 小时°C**

- 1 tbsp sauce thickener, e.g. Maizena Express

Add 3 tbsp water to the sauce thickener and stir. Take the porcelain dish out of the cooking space after 90 minutes and quickly and carefully stir in the sauce thickener. Return the porcelain dish to the cooking space. Cook for another 30 minutes until the meat is tender.

## 配件

Porcelain dish ½ GN, depth 65 mm

Wire shelf





## 附加信息

---

创建时间

11.12.2019

