



Carbonade flamande

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制备过程
烘烤的时间：
烘烤时间取决于机器
电器

45 分钟
2 小时

Comhair SE 自 2015 年

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

将发酵桶预加热，湿热风，到 **160°C**

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.

放入糕点

在 湿热风 期间为 **160 1 小时°C**

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

折叠

在 湿热风 期间为 **160 1 小时°C**





配件

Wire shelf

Porcelain dish ½ GN, depth 65 mm

附加信息

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