



## ROASTED PORK RACK WITH ONION & APPLE PURÉE

### METHOD

- 01 Preheat Miele oven using the "Fan Plus" function to 100°C.
- 02 Rinse the pork rack, cut away the skin and fats, set aside.
- 03 Soak the pork rack in apple juice for 2 hours, set aside.
- 04 Take out the pork rack and dry it with a cloth. Then season with salt and pepper.
- 05 Heat up a pan and sear the pork rack with thyme and rosemary.
- 06 Plug the wireless food probe into the pork rack, set the core temperature at 65°C.
- 07 Bake the pork rack in the preheated oven. The oven will stop the cooking programme when the pork rack has reached the pre-set core temperature.
- 08 To make the sauce, bake the onion in a preheated Miele oven using "Conventional Heat" function at 120°C for 1 hour. Then blend the baked onion with apple in a blender to purée, set aside.
- 09 Place the pork rack on the plate, add onion and apple purée. Garnish with cherries and pistachio on the sides. Ready to serve.

### INGREDIENTS

Pork Rack	1 pc ( Around 700g)
Thyme	2 bunch
Rosemary	1 bunch
Salt and Pepper	Moderate
Onion	1 pc
Apple Juice	200 ml
Cherry	3 pcs
Pistachio	10 g
Apple	1 pc

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#### TIPS

- Pork rack can be replaced with lamb rack or beef tenderloin.
- With "Fan Plus" function, the heat is circulated more evenly inside of the cavity which is ideal when cooking food with bones.



3 h



2~3 persons



## 烤焗豬鞍配 洋蔥蘋果醬

### 做法

- 01 以「風扇加強」模式預熱Miele焗爐至攝氏100度。
- 02 豬肋骨洗淨，切去皮及油脂部分，備用。
- 03 把豬肋骨用蘋果汁浸泡2小時，備用。
- 04 取出豬肋骨，用布抹乾。然後用鹽及胡椒作調味。
- 05 燒熱平底鍋，加入百里香及迷迭香把豬肋骨煎煮片刻。
- 06 把無線食物探針插入豬肋骨內，並將中心溫度調教至攝氏65度。
- 07 將豬肋骨放入已預熱的焗爐。當豬肋骨到達預設的中心溫度時，煮食程序便會自動完結。
- 08 製作醬汁。先把洋蔥放入已預熱的焗爐，選用「一般加熱」模式，以攝氏120度焗1小時。將焗好的洋蔥加入蘋果放入攪拌機攪拌成泥，備用。
- 09 將豬肋骨放在碟上，放上洋蔥蘋果泥。車厘子及開心果放在旁邊作裝飾，即可享用。

### 材料

豬肋骨 .....	1件 (約700克)
百里香 .....	2棵
迷迭香 .....	1棵
鹽及胡椒 .....	適量
洋蔥 .....	1隻
蘋果汁 .....	200毫升
車厘子 .....	3粒
開心果 .....	10克
蘋果 .....	1個

#### 網上教學短片



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貼士

- 肉類換作羊架或者牛仔柳均可。
- 利用「風扇加強」模式，有助熱力均勻傳送至焗爐每個角落，尤其適合烹調有骨食物。



3 小時



2~3 人份