

ROASTED IBERICO PORK RACK WITH ANCHOVY BUTTER

METHOD

- 01 Make the anchovy butter. Mix the anchovy, butter and egg yolk well. Put the mixture on the cling film and roll it into round bar shape. Put the mixture in the fridge until firm.
- 02 Preheat the Miele Oven with "Fan Plus" function to 150°C.
- 03 Heat up a pan, add in oil. Place the pork rack that is seasoned with salt and pepper on the pan. Then sear with garlic, rosemary and thyme until aromatic. Set aside.
- 04 Plug the wireless food probe into the pork rack, set the core temperature to 63°C.
- 05 Bake the pork rack in the preheated oven. Cooking program will stop automatically when the core has reached the pre-set temperature.
- 06 Take out the cooked pork rack and plate with anchovy butter. Ready to serve.

INGREDIENTS

Iberico Pork Rack	400 g (2-3 bones)
Garlic	4 pcs
Rosemary	1 bunch
Thyme	1 bunch
Salt	Moderate
Pepper	Moderate
Oil	Moderate

Anchovy Butter

Anchovy	48 g
Butter	250 g
Egg Yolk	1 pc

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Tips

- . Soften the butter at room temperature so as to blend with other ingredients easily.
- . With the "Fan Plus" function, the heat is circulated more evenly inside of the cavity which is ideal when cooking food with bones.



45 mins



2 persons

烤焗伊比利亞黑毛豬鞍配鯷魚牛油

做法

- 01 製作鯷魚牛油。將牛油、鯷魚、蛋黃拌勻，放入雪櫃冷凍至定形。
- 02 將Miele焗爐以「風扇加強」預熱至150度。
- 03 加熱煎鍋，然後加入油。將已用鹽及胡椒調味的豬鞍放上煎鍋，然後加入蒜頭、迷迭香及百里香煎香，備用。
- 04 把無線食物探針插入豬鞍內，並將中心溫度調教至攝氏63度。
- 05 將豬鞍放入已預熱的焗爐，當豬鞍到達預設的中心溫度時，煮食程序便會自動完結。
- 06 完成後取出豬鞍，加上鯷魚牛油，即可享用。

材料

伊比利亞黑毛豬鞍	400克 (2-3條骨)
蒜頭	4粒
迷迭香	1條
百里香	1條
鹽	適量
胡椒	適量
油	適量

鯷魚牛油

鯷魚	48克
牛油 (室溫)	250克
蛋黃	1隻

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貼士

- 將牛油置放室溫至半軟，會更易混合其他材料。
- 利用「風扇加強」模式，有助熱力均勻傳送至焗爐每個角落，尤其適合烹調帶骨食物。

🕒 45 分鐘

👤 2 人份