



Slow baked prosciutto wrapped tenderloin with mushroom and rocket leaves

Ingredients :

- Tenderloin 1 kg
- Prosciutto 4 pcs
- Chopped herbs 20 g
- Mushroom 300 g
- Sliced Garlic 50 g
- Rocket leaves 100 g

Steps :

1. Pre-heat the oven using  hot air function at 100°C.
2. Spread prosciutto on the table and scatter herbs evenly.
3. Put tenderloin over herbs and roll. Use cotton rope to fix.
4. Put the tenderloin roll into the pre-heated oven and roast under  by hot air function for 30 mins.
5. Set induction wok hob to level 6. Put olive oil in the wok and stir fry the garlic and mushroom for 3 mins. Add salt and black pepper for seasoning.
6. Cut the cooked tenderloin roll into pieces and serve with rocket leaves and mushroom.

Appliance: Electric oven and induction wok hob
Cooking Duration: 35 mins (excluding preparation duration)

Recipe provided by: Mr. Ricky Cheung

慢焗風乾火腿牛柳卷伴燴鮮菇火箭菜

材料：

- 牛柳 1000克
- 風乾火腿 4片
- 新鮮香草（切碎）20克
- 鮮菇 300克
- 蒜頭（切片）50克
- 火箭菜 100克

步驟：

1. 將焗爐調校至  熱風模式，預熱至100°C。
2. 把風乾火腿平鋪在工作枱，均勻地灑上切碎的香草。
3. 將牛柳放在香草上，把風乾火腿拿起將牛柳卷成圓柱狀。用綿線把牛柳卷扎實固定。
4. 將牛柳卷放入已預熱至100°C的焗爐使用  熱風模式焗30分鐘。
5. 將鑊型電磁爐調校至6級火力，用少許橄欖油將蒜頭及鮮菇炒3分鐘，下鹽及黑椒調味。
6. 在餐碟上先放上火箭菜，再放上鮮菇，最後把牛柳切件放上即成。

電器： 焗爐及鑊型電磁爐
烹調時間： 35分鐘（不包括預備時間）

Beef / Lamb
Pork / Lamb