



Roasted Iberico pork shoulder

Ingredients :

- Iberico pork shoulder (2cm thick) 10 pcs
- Amaranth 600 g
- Potatoes 3 pcs
- Butter 250 g
- Whipping cream 150 g
- Fresh milk 100 g

Steps :

1. Cut potatoes into half, steam it in a steam oven using  steam function at 100°C for 45 mins.
2. Pre-heat oven by using  hot air function at 100°C.
3. Set induction hob at highest power level 9. Put olive oil in a flat pan, place the Iberico pork shoulder in the pan and sear for 1 min on each side.
4. Put the Iberico pork shoulder in grill rack and roast in oven at 100°C for 20 mins.
5. Add some olive oil to stir fry amaranth by using induction hob, add salt for seasoning.
6. Set induction hob to level 3, boil the butter, whipping cream and fresh milk.
7. Mash the potatoes to puree, put it in the butter and milk mixture, stir to creamy and add salt for seasoning.

Appliance: Electric oven
Cooking Duration: 50 mins (excluding preparation duration)

Recipe provided by: Mr. Ricky Cheung

燒西班牙黑毛豬豬肩肉伴薯茸

材料：

- 西班牙豬肩肉(約2cm厚) 10片
- 莧菜 600克
- 美國薯仔 3個
- 牛油 250克
- 忌廉 150克
- 鮮奶100克

步驟：

1. 薯仔去皮開半，於蒸爐使用  蒸氣模式100°C蒸45分鐘。
2. 將焗爐調校至  熱風模式，預熱至100°C。
3. 將電磁爐調校至最大火力（9級火力）。平底鍋下少許橄欖油，燒熱後放入豬肩肉，每邊煎1分鐘。
4. 取出豬肩肉轉放到烤盤架上，放入預熱至100°C的焗爐焗20分鐘。
5. 莧菜用少許橄欖油炒熱，調味後備用。
6. 將電磁爐調校至慢火（3級火力）將牛油、忌廉及鮮奶放入小鍋內煮滾。
7. 用薯茸器將煮熟的薯仔壓成茸後，放進牛油忌廉的小鍋內，攪拌至完全混和，加少許鹽調味即成。

電器： 焗爐、電磁爐及蒸爐製作
烹調時間： 50分鐘（不包括預備時間）

Beef /
Pork / Lamb