



Braise pork knuckle with white kidney beans "Germany style" 德國鹹豬手燴白豆

Ingredients :

- Pork knuckle 1 pc • White kidney beans 250 g
- Bacon stick 100 g • Carrot dice 200 g • Celery dice 200 g
- Onion dice 300 g • Stuffed green olive 100 g
- Bay leaf 2 pcs • Fresh rosemary 3 sticks
- Fresh thyme herb - a few tie • Whole garlic 3 pcs
- Chicken stock 300 ml • Water 2 L • French mustard seed - little

Steps :

1. Put the white kidney beans and pork knuckle in the cold water separately and keep in refrigerator overnight.
2. Clean the garlic and cut the topside around 1/3.
3. Put oil in the pot (oven use) until hot, fry bacon to light brown colour with carrot, celery and onion for few minutes.
4. Put the stuffed green olive, garlic, thyme, rosemary, bay leaf and chicken stock to the pot until boiling.
5. Add pork knuckle, white kidney beans with some black pepper for boiling.
6. Pre-heat the oven at 200°C by using  top and bottom heating mode and put the half water filled baking tray into the oven.
7. Cover the pot and put it on the tray and then place in preheated oven 200°C to bake for 2 hours.
8. To serve with mustard seed.

Tips :

1. Pork knuckle is a very salty food. Suggest to soak in water overnight to lighten the salty flavour for better taste.
2. Soak the dry beans in water overnight to make them soft for cooking.

Appliance: Electric oven

Cooking Duration: 130 mins (excluding preparation duration)

材料：

- 鹹豬手 1隻 • 白豆 250克 • 煙肉粒 100克
- 甘筍粒 200克 • 西芹粒 200克
- 洋蔥片 300克 • 青水欖 100克 • 香葉 2片
- 新鮮露絲瑪莉 3枝 • 新鮮麝香草 1小扎
- 蒜頭 3棵 • 雞湯 300毫升
- 水 2公升 • 芥末籽 適量

步驟：

1. 白豆及鹹豬手分別浸水過夜後，隔水備用。
2. 把蒜頭清洗，橫切去頂部約三分之一，備用。
3. 把油放入鐵鍋（焗爐適用）燒熱，炒香煙肉粒，甘筍粒，西芹粒及洋蔥片。
4. 加入青水欖，蒜頭，麝香草，露絲瑪莉，香葉，雞湯和水至滾起。
5. 放入鹹豬手，白豆，少許黑椒碎至再次滾起。
6. 於焗爐使用  上下發熱模式預熱至200°C，同時放入半滿水的焗盤。
7. 把鐵鍋蓋好，放在盛熱水的焗盤上，放入預熱200°C的焗爐，焗2小時。
8. 可配以芥末籽佐膳。

貼士：

1. 鹹豬手因是加工醃製食品，在烹煮前必須浸水過夜，令豬手內的鹹味排出，燉煮出來的湯汁味道更好。
2. 白豆在烹煮前亦須浸水過夜，令乾身白豆吸收水份，燉煮時才會較穩。

電器： 焗爐

烹調時間： 130分鐘（不包括預備時間）