

### **METHOD**

- Make BBQ sauce. Preheat a pan with medium to low heat. Add caster sugar and cook gently until brown. Add balsamic vinegar and mix well rapidly. Then stir in Dijon mustard, set aside.
- Season pork rack with salt and pepper. Preheat a pan with high heat and 02 add olive oil. Sear the surface of the pork rack until golden brown.
- Spread homemade BBQ sauce on the pork rack. 03
- Preheat the Miele Steam Combination Oven to 180°C with 04 "Combination mode + Fan Plus" function and moisture set to 80%.
- Plug a wireless food probe into the pork rack, put the pork rack into 05 preheated Steam Combination Oven, set the core temperature at 64°C.
- The oven will stop the cooking programme when the pork rack has 06 reached the pre-set core temperature. Ready to serve hot.

### **INGREDIENTS**

Iberico Pork Rack	1 pc (3-4 bones)
Salt	Moderate
Pepper	Moderate
Olive Oil	50 ml

#### Homemade BBQ Sauce

Caster Sugar	100 m
Balsamic Vinegar	50 ml
Dijon Mustard	1 tbsp



Tips

- Use low heat with caster sugar as it could get burnt easily with bitter
- · Combination mode allows steaming and baking at the same time, where the heat can penetrate evenly to every part of the pork rack in a moisturized cavity, resulting in a juicy and tender texture.
- · With the use of a wireless food probe, the doneness of the pork rack can be easily monitored as the core temperature can be precisely controlled.

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(A) 3-4 persons



# 做法

- 製作燒烤醬。用細火起鑊,加入細砂糖,以慢火煮至金黃色,再加入意 大利黑醋,快速攪拌,然後拌入第戎芥末醬,備用。
- 於豬鞍灑上鹽和胡椒調味。燒熱鑊並加入橄欖油,然後煎香豬鞍表面至 02 金黃色。
- 03 把自家製燒烤醬塗上豬鞍。
- 以「組合模式 + 風扇加強」功能預熱Miele蒸焗爐至攝氏180度,濕度 04
- 將無線食物探針插入豬鞍,然後放入已預熱的Miele蒸焗爐內,中心溫度 設定為攝氏64度。
- 當豬鞍中心溫度到達預設溫度,煮食程序便會自動完結,並可取出享用。

# 材料

西班牙伊比利亞豬鞍 ..... 1件(3-4支骨) 

橄欖油 ...... 50毫升

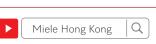
#### 自家製燒烤醬

細砂糖 ...... 100毫升 意大利黑醋 \_\_\_\_\_\_50毫升 第戎芥末醬 1湯匙

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- · 加熱砂糖要用慢火,避免煮燶 變苦。
- · Miele蒸焗爐的組合模式能確 保「蒸焗同步」,並於烤焗過 程全時間注入濕氣,有助熱力 均匀傳送,鎖住肉汁,溫度亦 更快傳入豬鞍中心,效果鮮嫩 多汁。
- 利用食物探針可以穩定控制溫 度,輕易掌控豬鞍的生熟程度。





(2) 3-4 人份