

ROASTED PORK RACK WITH HOMEMADE BBQ SAUCE

METHOD

- 01** 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.
- 02** Season pork rack with salt and pepper. Preheat a pan with high heat and add olive oil. Sear the surface of the pork rack until golden brown.
- 03** Spread homemade BBQ sauce on the pork rack.
- 04** Preheat the Miele Steam Combination Oven to 180°C with “Combination mode + Fan Plus” function and moisture set to 80%.
- 05** Plug a wireless food probe into the pork rack, put the pork rack into preheated Steam Combination Oven, set the core temperature at 64°C.
- 06** The oven will stop the cooking programme when the pork rack has 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 ml
Balsamic Vinegar	50 ml
Dijon Mustard	1 tbsp



Tips

- Use low heat with caster sugar as it could get burnt easily with bitter taste.
- 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.

Online Cooking
Demonstration Videos



FOLLOW US NOW!



Miele Hong Kong



Miele



45 mins



3-4 persons

自家製燒烤醬焗豬鞍

做法

- 01 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。
- 02 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金黃色。
- 03 把自家製燒烤醬塗上豬鞍。
- 04 以「組合模式 + 風扇加強」功能預熱Miele蒸焗爐至攝氏180度，濕度設定為80%。
- 05 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。
- 06 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)
鹽 適量
胡椒 適量
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



貼士

- 加熱砂糖要用慢火，避免煮煨變苦。
- 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，有助熱力均勻傳送，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。

Online Cooking
Demonstration Videos



FOLLOW US NOW!



Miele Hong Kong



Miele



45 分鐘



3-4 人份