



德國式酸甜燴一字梅豬扒、帕爾馬麵包布丁 (4 人用)

Pork Collar Butt Steak Sauerbraten, Parmesan Bread Pudding (Serves 4 people)

德國式酸甜燴一字梅豬扒 Pork Collar Butt Steak Sauerbraten

材料 Ingredients

醃汁材料:

4 塊一字梅豬扒 (600-800 克)
 2 杯乾紅葡萄酒
 ½ 杯紅葡萄酒醋
 2 茶匙杜松子壓碎
 1 湯匙芥菜籽
 4 塊月桂葉
 1 湯匙黑胡椒籽
 2 瓣蒜壓碎
 4 湯匙紅糖
 2 茶匙百里香
 2 湯匙鹽

1 湯匙油
 2 湯匙無鹽牛油
 100 克洋蔥切粒
 100 克紅蘿蔔切粒
 100 克西芹切粒
 1 罐雞湯 (397 克)
 1 杯褐色高湯 (Brown Stock)

Marinade Ingredients:

4 pieces Pork Collar Butt Steak (600-800 grams)
 2 cups dry red wine
 ½ cup red wine vinegar
 2 tsp Juniper Berries crushed
 1 Tbsp mustard seeds
 4 pieces bay leaves
 1 Tbsp whole black peppercorns
 2 cloves garlic crushed
 4 Tbsp brown sugar
 2 tsp thyme
 2 Tbsp salt

1 Tbsp oil
 2 Tbsp butter unsalted
 100 grams onions diced
 100 grams carrot diced
 100 grams celery diced
 1 can chicken broth (397ml)
 1 cup demi or brown stock

步驟 Directions

1. 烤箱溫度設定為華氏 375°F。
2. 一字梅豬扒洗淨後用廚紙拭乾。
3. 把一字梅豬扒放入有蓋塑膠容器或 Ziploc 膠袋。加酒、醋、杜松子、芥菜籽、月桂葉和黑胡椒籽。蓋好後放冰箱冷藏一晚，最好能冷藏 2-3 日。
4. 從醃汁中取出一字梅豬扒。
5. 用中至猛火，在平底鍋加熱油和牛油。一字梅豬扒加鹽和胡椒粉調味，煎至金黃。



6. 轉至深的烤盤或慢燉鍋。切勿用鋁煲。
7. 用同一個平底鍋炒洋蔥、紅蘿蔔和西芹兩分鐘。加褐色高湯和雞湯，煮至沸騰。
8. 在一字梅豬扒上淋上汁液。用鋁紙蓋好後在預熱好的烤箱裏烤 2-2.5 小時。
9. 將一字梅豬扒從燉汁中取出，轉到大盤，讓其冷卻。
10. 汁液加鹽調味，如有需要，可按個人喜好用粟粉調稠。

註：當你準備好，可以煮一字梅豬扒時，你可以選擇用爐頭、慢燉鍋或烤箱。

1. Turn the oven on @ 375°
2. Wash and dry the pork with paper towel.
3. Place the pork into a plastic container with lid (or Ziploc bag). Add wine, vinegar, juniper berries, mustard seeds, bay leaves and peppercorns. Cover and refrigerate overnight, better marinate for 2-3 days.
4. Remove pork from marinade.
5. Heat the oil and butter in a frying pan over medium-high heat. Season the pork with salt & pepper and sear it until brown.
6. Transfer to a deep roasting pan or slow cooker. Do not use aluminum pot.
7. Sauté onions, carrots and celery in the same frying pan for a couple of minutes. Add demi and chicken broth into the pan and bring it to boil.
8. Pour the liquid over the pork. Cover with aluminum foil and cook it in pre-heated oven for 2-2.5 hours.
9. Remove pork from the braising liquid and transfer it to a platter, let it rest.
10. Season the sauce with salt and thicken it with cornstarch if needed, personal preference.

Note: Once you're ready to cook the meat, you have a choice of cooking the pork, on the stove top, in the slow cooker or in the oven.



帕爾馬麵包布丁 **Parmesan Bread Pudding**

材料 **Ingredients**

可做 7 個鬆餅杯份量

1 茶匙大蒜切碎
½ 茶匙胡椒粉
3 隻雞蛋
¼ 杯奶油 Creamo Half & Half
3 湯匙帕爾馬芝士／起司磨碎
7 塊 (200 grams) 方包切成半吋方塊
½ 茶匙乾百里香

Make 7 muffin cups

1 tsp chopped Garlic
½ tsp Fresh Ground Pepper
3 pieces Large Eggs
¼ cups Creamo (Half & Half)
3 Tbsp Grated Parmesan Cheese
7 slices (200 grams) Sandwich Bread (cut ½ “ cubes)
½ tsp of dried thyme

步驟 **Directions**

1. 烤箱溫度設定為華氏 375°F。
2. 除麵包外，把其他材料在大碗裏均勻攪拌，然後加麵包，徹底混合一起。確保麵包充分塗上混料。置於一旁。
3. 把混料倒入不粘鬆餅盤。在烤箱烤 40 分鐘。

1. Turn on the oven @375°F
2. Combine all the ingredients (except the bread) in a large bowl, whisk them together then add bread and mix it up thoroughly. Ensure the bread is well coated with the mixture. Set aside.
3. Pour the mixture into a non-stick muffin tray and bake in the oven for 40 minutes.



臘腸炒孢子甘藍／小椰菜 Stir-Fry Chinese Sausage with Brussels Sprouts

材料 Ingredients

1 條臘腸切片	1 piece Chinese Sausage (small strips)
20 克紅蔥頭切片	20 grams Shallots sliced
500 克孢子甘藍／小椰菜 (洗好切成楔狀)	500 grams Fresh Brussels sprouts (cleaned and cut into wedges)
10 克無鹽牛油 (或 1 湯匙橄欖油)	10 grams Unsalted butter (or 1 Tbsp olive oil)
1 湯匙油	1 Tbsp oil

步驟 Directions

1. 用中至猛火，在平底鍋加熱牛油，輕炒臘腸一分鐘。
2. 加紅蔥頭和小椰菜，煮兩分鐘。
3. 加少許酒或水，攪拌後熄火蓋好，煮一分鐘。
4. 掀蓋，加鹽和胡椒調味。

註：

德國式酸甜燴非常容易做但需要時間，因為醃和煮均需時處理。即是你需要事先計劃好，預備幾天時間醃製。但味道十分好，值得花點時間。

雖然吃德國式酸甜燴一般會喝啤酒，但配這些葡萄酒也非常合適：勃艮第 (Burgundy)、赤霞珠 (Cabernet Sauvignon)、瓊瑤漿 (Gewürztraminer) (一般較甜)、黑比諾 (Pinot Noir)、雷司令 (Riesling) 和西拉 (Syrah)。

一般而言，醃汁材料用紅酒、醋或兩者混合。雖然德國大部分地區出產如雷司令和瓊瑤漿等的白酒，但接近法國的地區則經常使用紅酒做醃料。酒醋、蘋果酒醋或其他種類均可用作醃料。德國東部接近波蘭和捷克等地區較常用醋做醃料。在很多地區，酒和醋會一起使用。

1. Melt the butter in a pan over medium-high heat, lightly sauté the Chinese Sausage for a minute
2. Add shallots and Brussels sprouts, cook for a couple minutes.
3. Add a splash of wine or water, stir and turn off heat and cover, let it cook for a minute.
4. Uncover and season with salt and pepper

Note:

Sauerbraten is so easy to make, but it's not quick ... it takes time to marinate and to cook. It just means that you need to do some planning to allow several days to marinate. But, it's SO good and SO worth the time.

While sauerbraten is most traditionally served with beer, it does pair well with these wine varieties: Burgundy,



Cabernet Sauvignon, Gewürztraminer (usually sweet), Pinot Noir, Riesling and Syrah.

Generally, the marinade's base is either red wine, vinegar or a combination of both. While Germany largely produces white wines such as Riesling and Gewürztraminer, regions of Germany that are closer to France often use red wine as the base for the marinade. Wine vinegar, apple cider vinegar and other varieties can be used as a base. Recipes from eastern regions of Germany closer to Poland and the Czech Republic tend to use vinegar as the base more frequently. In many regions, wine and vinegar are used together.