

青芥焗猪软骨



食材：

- 原料：猪软骨 1000g
- 辅料：紫甘蓝、苦菊 20g，酸黄瓜 50g，葱 100 克、洋葱 100 克，姜 20 克
- 调味料：海鲜酱 30ml，排骨酱 20ml，黄酒 100ml，柱侯酱 30g，花生酱 30g，青芥辣一支，黄芥末 20 克，蛋黄酱一包，南瓜泥汁 20 克

制作方式：

- 1，将猪软骨改刀成长 10cm、厚 5cm 的厚块
- 2，葱姜炸过后，放入高压锅内，放入猪软骨，调酱汁，上汽十分钟，取出猪软骨
- 3，蛋黄酱，青芥辣，黄芥末，南瓜泥，调酱
- 4，猪软骨改刀成长 5cm，宽 3cm 的方块，抹酱汁，入烤箱 220℃，烤 5 分钟，装盘即可

Baked pork soft bone with green mustard



Ingredients:

- Main Ingredients: Pork soft bone 1000g
- Other ingredients: purple cabbage, bitter chrysanthemum 20g, pickled cucumber 50g, scallion 100g, onion 100g, ginger 20g
- Seasoning: 30ml seafood sauce, 20ml spareribs sauce, 100ml rice wine, 30g Zhuhou sauce, 30g peanut butter, a piece of green mustard, 20g yellow mustard, a bag of mayonnaise, 20g pumpkin puree

Process:

1. Cut the soft bone into 10cm and 5cm thick pieces.
2. After frying with scallion and ginger, put it into the pressure cooker, add the soft bone, mix the sauce, steam for ten minutes, and take out the soft bone.
3. Make sauce with mayonnaise, green mustard, yellow mustard and pumpkin paste.
4. Cut the soft bone into 5cm long, roll 3cm square, spread the sauce, put it in the oven at 220 °C, bake for 5 minutes, and assemble.