

香草碳烤坚果猪



食材：

- 原料：梅花肉 250g
- 辅料：开心果 30g、面包糠 30g、百里香 20g、芥末 30g、黑胡椒碎 5g、姜 5g、葱 5g
- 调料：黄油 10g、盐 2g、

制作方法：

1. 将猪梅花肉切厚片，用姜葱水，盐，胡椒腌制；
2. 混合坚果剁碎备用；
3. 腌制好的猪梅花肉沥干平底锅煎熟；
4. 煎好的猪梅花肉裹上芥末再裹上一层面包糠和坚果碎；
5. 准备器皿，烧好的碳垫底、中间放鹅卵石加百里香，猪扒盖面。

Herb charcoal roasted pork chop with nuts



Ingredients:

- Main Ingredients: Pork collar 250g
- Other ingredients: Pistachios 30g, Bread bran 30g, Thyme 20g, Mustard 30g, Ground black pepper 5g, Ginger 5g, Scallion 5g
- Seasoning: Butter 10g, Salt 2g

Process:

1. Cut the pork collar into thick slices and marinate with ginger and scallion water, salt and pepper.
2. Chop the mixed nuts and set aside.
3. Drain the marinated pork collar and pan-fry it.
4. The fried pork collar is coated with mustard, bread bran and chopped nuts.
5. Prepare the vessel, burn the charcoal at the bottom, put pebbles in the middle, add thyme, and cover the pork chop on top.