



MicroCheff Skewers

Ingredients:

Minced pork meat
500 g.

Grained or chopped onion
½ unit

Thin julienning scallion
½ unit

Cornstarch
1 teaspoon

Bread crumbs
1 tbsp

Herbs de Provence
1 tbsp

Egg
1 Unit

Salt
to taste

Pepper
to taste

Skewers

8 units

Oil

2 tbsp.

Mustard

1 tbsp

Procedure

Stir all the ingredients and knead. Give a cylindrical 2 cm width and 10 cm length shape. Insert along the brochette skewer and place each one in every BroCheff space. Paint with mustard dissolved in oil.

Cover and cook at full power for 4 minutes.

