**Chou aux lardons**

**Ingrédients**

**Chou**

**oignons**

**lardons**

 **huile**

**Préparation**

**Dans le bol mettre , oignons**

|  |  |  |
| --- | --- | --- |
| **5 sec** |  | **5** |

**huile**

|  |  |  |
| --- | --- | --- |
| **6 min** | **120°** | **2** |

**lardons**

|  |  |  |
| --- | --- | --- |
| **6 min** | **120°** | **Inverse / doigt** |

**chou**

|  |  |  |
| --- | --- | --- |
| **20 min** | **100°** | **Inverse / doigt** |