

???

- **330g** 600W4
 - 80°C
- **130g** / **20g**
 - 40 50°C
- **40g** / **40g**
-
- **4g** 1
- **36g**(2) / **18g** / **20g**
 - **54g**
-
- 500ml
- (12)
- ()
 - 20 30
-
- - 7 1cm
- 200°C 1 (cotta 40)
 - +10

??

- **cotta** ()
 -
 - https://www.cotta.jp/products/detail.php?product_id=046457
- **500ml**
 - OK OK
 - <https://www.amazon.co.jp/dp/B01BZVWHYO>
- ()
 - <https://www.amazon.co.jp/dp/B09RQMLSH6>
- -
 - <https://www.amazon.co.jp/dp/B0BZP1HW2X>

??

- https://www.cotta.jp/special/tool/canele_mold.php