

Crystal bread

Cuisine: **German**Food category: **Pastry**Author: **Retigo Team Deutschland**Company: **RETIGO Deutschland GmbH**

Program steps

Preheating: 180 °C

1	Hot air	100 %	Termination by time	00:10 hh:mm	160 °C	50 %	
2	Pause			180 s			
3	Hot air	0 %	Termination by time	00:06 hh:mm	160 °C	50 %	
4	Pause			180 s			
5	Hot air	0 %	Termination by time	00:06 hh:mm	160 °C	50 %	
6	Pause			180 s			
7	Hot air	0 %	Termination by time	00:06 hh:mm	160 °C	50 %	
8	Pause			180 s			
9	Hot air	0 %	Termination by time	00:06 hh:mm	160 °C	50 %	
10	Pause			180 s			
11	Hot air	0 %	Termination by time	00:15 hh:mm	160 °C	50 %	
12	Pause			180 s			
13	Hot air	0 %	Termination by time	00:10 hh:mm	160 °C	50 %	

Ingredients - number of portions - 10

Name	Value	Unit
kudzu	20	g
potato starch	20	g
water	650	ml

Nutrition and allergens

Directions

Dissolve the starches in cold water, then bring to a boil and let simmer for about 3 minutes. Fill the boiling liquid into silicone molds. The baking program is suitable for about 30g of dough per mold. The molds should only be filled up to half, as the volume increases during the baking process. After baking and shortly before serving, brush with a little neutral oil to give the crystalline appearance an additional

Allergens:
Minerals:
Vitamins:

Nutritional value of one portion	Value
Energy	13.7 kJ
Carbohydrate	3.3 g
Fat	0 g
Protein	0 g
Water	0 g

shine.

The Crystal Bread is a special eye-catcher and can be topped and garnished in a variety of ways, in the sense of canapés.