

# Steamed hailstones

Cuisine: **Czech**

Food category: **Side dishes**



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## Program steps

Preheating: **180 °C**

1	Combination	90 %	Termination by time	00:35 hh:mm	165 °C	90 %	
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## Ingredients - number of portions - 10

Name	Value	Unit
medium hail	1000	g
water	1650	g
salt	18	g
pork lard	24	g

## Nutrition and allergens

Allergens: 1

Minerals: Ca, Co, Cu, Fe, I, K, Mg, Mn, Na, P, Zn

Vitamins: A, C, E

Nutritional value of one portion	Value
Energy	374.5 kJ
Carbohydrate	76 g
Fat	5.4 g
Protein	9 g
Water	0 g

## Recommended accessories



GN container Stainless steel full

## Directions

Wash the groats well in three times lukewarm water and let them swell for an hour, then drain the water and put a maximum of 3 kg of groats into the GNP 100 mm high. Pour 1.65 l of hot and salted water over 1 kg of soaked groats, add lard and cover with a GN lid. We put it in a preheated combi oven on the specified program. After the heat treatment, mix the grits.