

Barley steamed

Cuisine: **Czech**

Food category: **Side dishes**



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Company: **Retigo**



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

Directions

We rinse the barley well in three changes of cold water and let it swell for an hour, then we drain the water and place it in a GN pan 100mm high - max. 3kg of barley.

For 1kg of soaked barley, we pour in 1.65l of hot salted water, add lard, and cover with a lid on the GN.

We place it in a preheated combi oven on the specified program.

After the thermal treatment, we stir the barley.

Recommended accessories



GN container Stainless steel full