## Jacket potato with pinto beans and smoked cheese

Cuisine: English

Food category: Vegetarian dishes



Author: Jaroslav Mikoška Company: Retigo

Ingredients - number of portions - 2



#### Program steps **>>>** Hot air 100 % **∄**≎ 170 $\overline{\mathbf{X}}$ Termination by time **①** 01:00 hh:mm 100 1 remove the potatoes and follow the instruction in the recipe Termination by time **>>>** Hot air 8 230 100 $\overline{\mathbf{x}}$ 100 00:01 hh:mm

10.1 g

g		
Name	Value	Unit
potatoes	2	pcs
pinto beans	80	g
onion	1	pcs
smoked cheese	60	g
cloves garlic, finely chopped	2	pcs
olive oil	50	ml
sweet white wine	40	ml
tomato puree	40	g
salt	3	g
ground black pepper, ground	1	g
sprig of parsley	10	g

# Nutrition and allergens Allergens: Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, B6, C, D, E, K, Kyselina listová Nutritional value of one portion Energy Carbohydrate Fat 10 g Value 10 g

### Directions

Soak the beans in water overnight. Strain the beans and place them into a deep GN container with water. Pierce the potatoes on the bottom side using a small knife. Place them into a full GN container into a preheated Retigo combi oven together with the beans in water, set on hot air mode 170°C for 60 minutes.

Meanwhile chopp the onion, put oil in a pot, heat up and add the chopped onion, garlic cloves and fry untill light brown. Add tomato paste-double concentrated and fry for few seconds and add white wine. Reduce down add cooked beans, salt, pepper and finish with a nob of butter.

Cut the cooked jacket potato almomst in halve lenghtwise and fill with prepared filling and finish it with grated smoked cheese. Put them back into the oven for 1 minute setting on hot air mode 230°C. When served garnish with chopped fresh parsley.

### Recommended accessories



Protein

Water

