

Jacket potato with pinto beans and smoked cheese

Cuisine: **English**
Food category: **Vegetarian dishes**




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Company: **Retigo**





Program steps


1


 Hot air


 100 %

 Termination by time

 01:00 hh:mm


 170 °C


 100 %





2


remove the potatoes and follow the instruction in the recipe


 Hot air


 100 %

 Termination by time

 00:01 hh:mm

 230 °C

 100 %



Ingredients - number of portions - 2		
Name	Value	Unit
potatoes	2	pcs
pinto beans	80	g
onion	1	pcs
smoked cheese	60	g
garlic cloves, finely chopped	2	pcs
olive oil	50	ml
sweet white wine	40	ml
tomato puree	40	g
salt	3	g
freshly ground black pepper, ground	1	g
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	Value
Energy	137.9 kJ
Carbohydrate	10.7 g
Fat	5.6 g
Protein	10 g
Water	0 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



Vision Pan



Vision Snack