

# Bright light bulbs

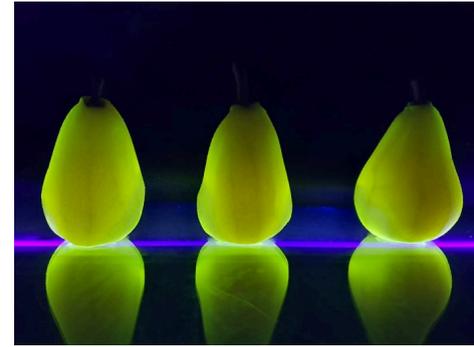
Cuisine: **German**

Food category: **Desserts**



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Company: **RETIGO Deutschland GmbH**



## Program steps

1	Steaming	Termination by time	01:20 hh:mm	85 °C	50 %	
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## Ingredients - number of portions - 4

Name	Value	Unit
pears peeled	4	pcs
water	300	ml
white wine semi-dry	300	ml
brown sugar	200	g
vitamin b2	6	g
cinnamon stick	1	pcs
cardamom pods	2	pcs
star anise	1	pcs

## Nutrition and allergens

Allergens:  
Minerals:  
Vitamins:

Nutritional value of one portion	Value
Energy	194 kJ
Carbohydrate	48 g
Fat	0 g
Protein	0 g
Water	0 g

## Directions

Vitamin B2, also known as riboflavin, plays a central role in growth and development. However, it also serves its purpose as a colorant in the food industry. Under UV light, it glows faintly. The vitamin is very light-sensitive, which is why foods rich in vitamin B2 should be stored protected from light.

Place all ingredients in a vacuum bag and vacuum seal. Let it sit overnight.

Then place in the combi steamer and cook: steam mode 85°C, 1 hr. 20 min., 50% fan speed. Arrange prepared pears on the glass plate, which is illuminated from below with black light, and serve. TIP: Soak the pear stalk in rum and light it – this creates a great effect!