

Vegetables puffs

Cuisine: **Indian**
Food category: **Vegetarian dishes**



Author: **Jaroslav Mikoška**


Company: **Retigo**





Program steps


Preheating: 195 °C


1


 Hot air


 50 %

 Termination by time

 00:15 hh:mm

 180 °C

 100 %



Ingredients - number of portions - 4		
Name	Value	Unit
onion	1	pcs
ginger paste	10	g
garlic paste	10	g
turmeric	2	g
chili powder	1	g
potatoes	1	pcs
carrot	1	pcs
green beans	50	g
frozen peas	50	g
ground caraway	2	g
caraway seeds	1	g
puff pastry	320	g
egg yolk	1	g
salt	3	g
5 tbsp vegetable oil	10	ml

Nutrition and allergens	
Allergens: 1, 3 Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Pektin, Se, Zn Vitamins: A, B, C, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	369.9 kJ
Carbohydrate	34.2 g
Fat	23.5 g
Protein	6.1 g
Water	0 g

Directions

1. Place a thick-bottomed saucepan over a medium heat and add oil. Once hot, add the sliced onions and cook until golden brown, stirring occasionally.

2. Add the ginger and garlic pastes. Stir well for 2 minutes, then add salt, turmeric and chilli powder and fry for a further 5 minutes.

3. Add the medium potatoes and diced carrots to the pan. Once almost cooked through and tender, add the beans, green peas, cumin powder and crushed coriander seeds.

4. Cook over a high heat, stirring regularly until the vegetable mixture is quite dry. Remove from the heat, transfer to a plate and set aside. This can be prepared in advance

5 Preheat the Retigo combi oven to 180°C.

6. Allow the pastry sheet to soften slightly, then unwrap on a chopping board and cut in half lengthways. Spoon the vegetable mix along one of the long sides of the pastry.

7. Using a pastry brush dipped in water, brush the edges of the prepared sheet lightly. Lift the pastry from underneath the filling and roll over to seal in the vegetables.

8. Press the edges gently together to form a sausage roll shape.

9. Cut the roll into (approximately) 3cm long parcels. Gently lift the puffs onto a enameled GN container. Dip the pastry brush into the whisked egg yolk and use to brush the top of the puffs.

10. Bake for 15 minutes, or until the puff pastry has fluffed up nicely and is golden brown. Serve the vegetable puffs warm.

Recommended accessories



Enameled GN
container