

Vegetables puffs

Cuisine: Indian

Food category: Vegetarian dishes



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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
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

- 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.
- 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.
- 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.
- 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
- Preheat the Retigo combi oven to 180°C.
- 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.
- 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.
- Press the edges gently together to form a sausage roll shape.
- 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.
- 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