

Curry salted parsnip crisps

Cuisine: English

Food category: Vegetarian dishes



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Program steps

- Hot air | 0 % | Termination by time | 00:20 hh:mm | 100 °C | + 60 % |
- Take the GN container with parsnips out of the oven and read the recipe instruction
- Hot air | 0 % | Termination by time | 00:10 hh:mm | 180 °C | + 80 % |

Ingredients - number of portions - 6

Name	Value	Unit
parsnips	2	pcs
vegetable oil	100	ml
curry powder	2	g
salt	1	g

Nutrition and allergens

Allergens:
 Minerals: Cu, Mg, P
 Vitamins: A, C, D, E, K

Nutritional value of one portion	Value
Energy	1.1 kJ
Carbohydrate	0.1 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

- Preheat the Retigo combi oven to 100°C using hot air mode with 0% flap valve, fan speed to 60%. Peel the parsnips and use a peeler to cut them into long, thin strips .
- Place the parsnips on a Retigo frit GN container to dry out in the combi oven for 20 minutes.
- Dip the parsnips in oil so it is well covered and place on retigo bake GN container and insert it into a preheated combi oven for 10 minutes on 180°C with 0% flap valve and 80% of fan speed.
- Mix together the curry powder and salt.
- Remove the parsnips from the fryer and place on kitchen towel to drain.
- Just before serving, sprinkle over the curry salt.

Recommended accessories



Vision Frit