

Crouffin with asparagus

Cuisine: German

Food category: Vegan dishes



Author: Retigo Team Deutschland

Company: RETIGO Deutschland GmbH



Program steps

Preheating: 215 °C

1 Weißen Spargel und Süßkartoffeln backen

Combination 25 % Termination by time 00:05 hh:mm 215 °C 70 %

2 Schnecken im vorgeheiztem Kombidämpfer backen

Combination 15 % Termination by time 00:15 hh:mm 175 °C 50 %

3 Grünen Spargel sous-vide garen

Steaming Termination by time 00:30 hh:mm 85 °C 50 %

Ingredients - number of portions - 12

Name	Value	Unit
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Name	Value	Unit
raspberries	36	pcs

Name	Value	Unit
green asparagus	500	g
hazelnut oil	10	ml
salt	4	g
whole black pepper	2	g
lemon	1	pcs
brown sugar	1	g

Name	Value	Unit
raspberries	50	g
full-fat mustard	10	g
hazelnut oil	20	ml
5 tbsp vegetable oil	20	ml
salt	2	g
whole black pepper	1	g

Directions

Crouffin: 1. Sift the flour into a bowl, make a small dip in it, crumble in the fresh yeast and fill with warm water. Add sugar to the yeast and spread the other ingredients over the edge of the flour. Wait until the yeast starts to rise, then knead everything well and let it rise in a warm place. 2. Prepare white asparagus, sweet potatoes, salt, pepper and garlic oil. Cut everything into fine cubes, season and dress with a little oil, then bake in a combi steamer at 215°C, 25% humidity, 70% fan speed for 5 minutes. 3. After the dough has doubled in volume, divide it into six equal parts and roll it out thinly and oblongly. Sprinkle with some tiger nut flour then spread the baked white asparagus and baked sweet potatoes on top. Roll everything up tightly lengthwise. Cut these (cigars) in half lengthwise, turn the cut surface upwards and then twist them together to form snails, place them in a muffin tin and bake as follows in a preheated combi steamer: 175°C, 15% humidity, 50% fan speed, 15 minutes. //Sous-vide green asparagus: Prepare the green asparagus and vacuum seal it with the other ingredients and cook sous-vide in the combi steamer in steam mode at 85°C, 50% Fan speed for 30 minutes, then remove the asparagus from the combi steamer and let it marinate overnight in the sous vide bag in the refrigerator. //Raspberry dressing: Put everything together in a high-performance blender, mix it into a

Name	Value	Unit
fresh yeast	15	g
spelled flour type 630	125	g
plain wheat flour	125	g
water	125	ml
curry oil	40	ml
salt	4	g
bobei	15	g
almond flour	50	g
white asparagus	200	g
sweet potatoes	200	g
salt	3	g
whole black pepper	1	g
garlic oil	20	ml

homogeneous dressing, then strain and pour into a suitable bottle.

Nutrition and allergens

Allergens: 1, 10, 8

Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	143.1 kJ
Carbohydrate	21.2 g
Fat	3.5 g
Protein	5.4 g
Water	0.1 g