

Hot Pumpkin Latte

Cuisine: German

Food category: Vegan dishes



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Program steps

Preheating: 200 °C

1	Anbraten	Combination	20 %	Termination by time	00:05	hh:mm	200 °C	+ 100 %	✕
2	Wenden	Combination	20 %	Termination by time	00:05	hh:mm	200 °C	+ 100 %	✕
3	Restliche Zutaten hinzugeben	Combination	20 %	Termination by time	00:25	hh:mm	140 °C	+ 70 %	✕

Ingredients - number of portions - 9

Name	Value	Unit
pumpkin	800	g
onion	100	g
garlic	5	g
sour apple flesh	120	g
ginger root, peeled and finely chopped	10	g
shiitake mushrooms	150	g
grape seed oil	60	ml
vegetable broth	1000	ml
coconut milk	400	ml
thai red curry paste	8	g
fresh chilli	4	g
smoked curry	2	g
sea-salt	10	g
pepper white whole	2	g
brown sugar	10	g
cinnamon	0.5	g

Name	Value	Unit
vegan kitchen cream	150	ml
turmeric	2	g

Nutrition and allergens

Allergens:

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

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

Directions

Preheat a deep, coated container in the combi steamer to 200 °C in combi steam mode with 20% humidity. Then add the pumpkin, onion, garlic, apple, shiitake mushrooms and ginger to the container with the oil and fry in the same climate for about 5 minutes. Turn and fry for another 5 minutes.

Then add the remaining ingredients and reduce the temperature to 140 °C with the same humidity, reduce the fan speed to 70% and simmer for approx. 25 minutes.

Take the coated GN container out of the oven and assemble everything using a high-performance blender, pour into glasses, leave 150 ml of soup in the blender, add the soy cooking cream and the topping spices and beat until foamy.

Then distribute this as a topping on the soup in the glasses.

As a plus, the foam could be topped with fine dried mushroom powder.

Nutritional value of one portion	Value
Energy	55 kJ
Carbohydrate	12.6 g
Fat	0.4 g
Protein	1.5 g
Water	0 g