

Pea shell broth with lemon thyme and star anise

Cuisine: German

Food category: Vegetables



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Program steps

1	Steaming	Termination by time	00:45	hh:mm	85	°C	+ 50	%	
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Ingredients - number of portions - 4

Name	Value	Unit
fresh peas pods	3000	g
water	100	ml
sea-salt	5	g
ground white pepper	2	g
lemon thyme	50	g
mint	5	g
star anise	1	pcs
xanthan	12	g
lime juice	5	ml

Directions

Vacuum seal the water, pepper, lemon thyme, mint and star anise together and cook sousvide at 85°C in steam mode with a fan speed of 50% for 45 minutes, then strain through a very fine sieve or cloth. Meanwhile, peel the peas and set the kernels aside for further processing. Wash the peels and cut them into small pieces. Then run it through the juicer at least twice. Collect the juice well. Mix the perfumed water with the lime juice, pea juice and xanthan gum well and let it soak for 10 minutes. Then arrange and serve according to your own imagination.

Nutrition and allergens

Allergens:

Minerals:

Vitamins:

Nutritional value of one portion	Value
Energy	367.3 kJ
Carbohydrate	53.8 g
Fat	2.4 g
Protein	23.7 g
Water	0 g