

Carrot and cashew nut cream soup with country chicken dumplings

Cuisine: South-East Asian

Food category: Poultry



Author: Retigo Team Deutschland

Company: RETIGO Deutschland GmbH



Program steps

Preheating: 235 °C

1	Gemüse und Erdnussöl hinzugeben	Combination	25 %	Termination by time	00:03	hh:mm	225 °C	+ 70 %	✕
2	wenden	Combination	25 %	Termination by time	00:03	hh:mm	225 °C	+ 70 %	✕
3	Tomatenmark hinzugeben	Combination	25 %	Termination by time	00:01	hh:mm	225 °C	+ 70 %	✕
4	mit Brühe auffüllen und Gewürze hinzugeben	Combination	25 %	Termination by time	00:13	hh:mm	135 °C	+ 70 %	✕
5	Fleischbällchen im Frittierkorb hineingeben	Combination	25 %	Termination by time	00:07	hh:mm	135 °C	+ 70 %	✕
6	Suppe mit Sahne und Cashewkernbutter auffüllen	Combination	25 %	Termination by time	00:03	hh:mm	135 °C	+ 70 %	✕

Ingredients - number of portions - 6

Name	Value	Unit
red onion	150	g
garlic	8	g
carrot	400	g
ginger root, peeled and finely chopped	1	pcs
peanut oil	60	ml
salt	12	g
ground white pepper	3	g
brown sugar	5	g
tomato puree	30	g
cream 12%	165	ml
vegetable broth	1050	ml
cashew butter	50	g

Directions

Preheat the combi steamer with a coated GN container to 225°C in combi steam mode with a humidity of 25% and fan speed of 70%. Then roast the vegetables with the peanut oil for 3 minutes, then turn them over and let them roast for another 3 minutes. Add the tomato paste and let it roast for 1 minute. Reduce the temperature to 135°C and add the stock, add the spices and simmer for 20 minutes. Add the cream and cashew butter and simmer for another 3 minutes. Then remove from the combi steamer and mix with a high-performance mixer and, if necessary, pass through a fine sieve. Country chicken meatballs: Run the meat, herbs and vegetables through the meat grinder, knead with the egg white and panko and add the spices. Then twist off small balls of approx. 20 grams and cook for 10 minutes in a preheated combi steamer at 135°C, 25% humidity and a fan speed of 70%, in a coated frying basket (of course these can be added to the soup for the last 10 minutes). , as described in the program above.

Name	Value	Unit
red onion	35	g
sprig of parsley	8	g
Coriander leaves, finely chopped	2	g
thai basil	5	g
chaotian pepper	1	g

Name	Value	Unit
breadcrumbs		
pieces of chicken meat	250	g
garlic	2	g
protein	1	pcs
salt	4	g
ground white pepper	0.5	g

Name	Value	Unit
roasted cashews	50	g
carrot	300	g
Coriander leaves, finely chopped	6	pcs

Nutrition and allergens

Allergens: 1
 Minerals: Ca, Co, Cr, 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	244.5 kJ
Carbohydrate	21.7 g
Fat	10.8 g
Protein	14.6 g
Water	0 g

Recommended accessories



Enameled GN container