

Indian-style semolina pudding

Cuisine: Indian

Food category: Desserts



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Program steps

1 Erwärmen

Steaming

 Termination by
core probe
temperature

90

°C

99

°C

+ 50

%

Ingredients - number of portions - 4

Name	Value	Unit
semolina polenta	70	g
almond drink	500	ml
coconut milk	100	ml
rose water	1	pcs
yacon syrup	45	g
almond butter	1	pcs

Directions

Place liquids in a small coated GN container and heat in steam mode up to a temperature of 90°C using the core temperature probe. Then remove it from the combi steamer, add the remaining ingredients, mix well and let it sit for about 10 minutes. Then pour into portion containers and let cool. Serve with the topping mix and decorate with fresh mint leaves if desired.

Name	Value	Unit
cocoa nibs	10	g
pistachio	10	g
medjool dates	20	g
fresh coconut	40	g
almonds	10	g
white dried mulberries	20	g

Nutrition and allergens

Allergens: 8

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

Vitamins: A, B, C, E

Nutritional value of one portion	Value
Energy	205.9 kJ
Carbohydrate	29.1 g
Fat	7.7 g
Protein	3.5 g
Water	0 g