

# Custard with mung beans

Cuisine: **Other**  
Food category: **Desserts**



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Company: Retigo





## Program steps


Preheating: 180 °C


1


 Hot air


 100 %

 Termination by time

 00:35 hh:mm

 180 °C

 40 %



| Ingredients - number of portions - 8 |       |      |
|--------------------------------------|-------|------|
| Name                                 | Value | Unit |
| green beans                          | 300   | g    |
| coconut sugar                        | 230   | g    |
| chicken eggs                         | 4     | pcs  |
| duck eggs                            | 5     | pcs  |
| caster sugar                         | 140   | g    |
| coconut milk                         | 200   | ml   |
| salt                                 | 1     | g    |
| shallot                              | 1     | pcs  |
| 5 tbsp vegetable oil                 | 100   | ml   |

Directions

1. Sauté the shallot to a crisp, pat dry and set aside.

2. Oil an ovenproof ½ GN dish and set the oven on dry heat (slow fan speed) at 180°C.

3. In a processor, purée the hulled beans (cooked), chicken eggs, duck eggs, coconut sugar, granulated sugar, salt and 50ml oil.

4. Let the custard mixture rest for a few minutes and transfer into the oiled dish.

5. Bake for 35 minutes and finish by sprinkling the shallots over.

6. Chill, portion and serve.

| Nutrition and allergens                                      |          |
|--|----------|
| Allergens: 3   |          |
| 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   | 188.2 kJ |
| Carbohydrate   | 45.1 g   |
| Fat  | 0.2 g    |
| Protein  | 0.8 g    |
| Water  | 0 g      |