

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 |