

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
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