28. 6. 2022 Retigo Combionline | Cookbook | Desserts

Custard with mung beans

Cuisine: Other

Food category: Desserts



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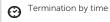
Program steps

Preheating:

180 °C

>>> Hot air

100



② 00:35

hh:mm









Ingredients - number of portions - 8

| Name | Value | Unit |
|---------------|-------|------|
| mung beans | 300 | g |
| coconut sugar | 230 | g |
| chicken eggs | 4 | pcs |
| duck eggs | 5 | pcs |
| caster sugar | 140 | g |
| coconut cream | 200 | ml |
| salt | 1 | g |
| shallot | 1 | pcs |
| vegetable oil | 100 | ml |

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 | 223.1 kJ |
| Carbohydrate | 50.7 g |
| Fat | 0.4 g |
| Protein | 3 g |
| Water | 0 g |

Directions

- 1. Sauté the shallot to a crisp, pat dry and set aside.
- 2. Oil an ovenproof $\frac{1}{2}$ 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.