

Roasted bell peppers crème brûlée

Cuisine: French

Food category: Vegetarian dishes



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Company: Retigo



Program steps

Preheating: 240 °C

| | | | | | | | |
|---|---|-------|---------------------|-------------|--------|-------|--|
| 1 | Hot air | 100 % | Termination by time | 00:20 hh:mm | 220 °C | 100 % | |
| 2 | Take out the bell peppers and insert the ready crème brûlée | | | | | | |
| | Hot air | 100 % | Termination by time | 00:55 hh:mm | 90 °C | 60 % | |

Ingredients - number of portions - 10

| Name | Value | Unit |
|-------------------|-------|------|
| milk 3.5% | 200 | ml |
| whipped cream 33% | 100 | ml |
| egg yolk | 5 | pcs |
| salt | 1 | g |
| mixed peppers | 1 | kg |

Nutrition and allergens

Allergens: 3, 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová

| Nutritional value of one portion | Value |
|----------------------------------|-------|
| Energy | 35 kJ |
| Carbohydrate | 6 g |
| Fat | 0.3 g |
| Protein | 1 g |
| Water | 0 g |

Directions

Roast the whole bell peppers and cover them after roasting for 5 minutes. Peel, deseed and mix well to a puree. Heat cream and milk to 80°C in a combi oven. Add egg yolks and whisk them well. Mix in the pepper puree, add salt and pass it through a sieve. Cool down. Transfer the mix into ramekins and cook according to the program. Finish with making caramel on the top and garnish with grilled vegetables cut into small cubes and serve with toasted bread.

Recommended accessories



GN container Stainless
steel full