

Roasted bell peppers crème brûlée

Cuisine: French

Food category: Vegetarian dishes



Author: Jaroslav Mikoška

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
rice pepper	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

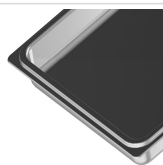
Nutritional value of one portion	Value
Energy	35 kJ
Carbohydrate	6 g
Fat	0.3 g
Protein	1 g
Water	0 g

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