Retigo Combionline | Cookbook | **Vegetables** 11. 4. 2023

# **Dried Italian Tomatoes**

Cuisine: Chinese

Food category: Vegetables



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#### Program steps

Preheating:

115 °C

**\$\$\$** Hot air

10 %



② 02:00 hh:mm

**₿**\$ 90 °C

50

X

# Ingredients - number of portions - 10

Name	Value	Unit
cherry tomatoes	3	kg

Name	Value	Unit
sea-salt	10	g
olive oil	30	g
thyme	5	g

### Nutrition and allergens

Allergens:

Minerals: Ca, Fe, K, Mg Vitamins: A, D, E, K

Nutritional value of one portion	Value
Energy	97.7 kJ
Carbohydrate	12.2 g
Fat	3.4 g
Protein	3 g
Water	0 g

#### Directions

- ♦ Wash the virgin tomatoes, drain the water, and then dry them completely with a dry cloth
- ♦ Trim the tomato head and tail, cut from the middle, so that the two halves of the tomato can stand on the baking tray
- $\diamondsuit$  Sprinkle the seasoning and spices evenly on the pulp, and wait until the steam oven is preheated
- $\diamondsuit$  Set the drying mode, the air drying parameter logic is to reduce the humidity, temperature, and wind speed
- ♦ Due to the different sizes of each tomato, try to sort them into different baking trays
- ♦ Observe the air-drying condition for a long time, from small to large tomatoes are air-dried and taken out of the steaming oven
- Air-dried tomatoes are mostly used in Italian and French cooking, and can be produced and stored in large quantities, with high practicability

## Recommended accessories





