

Grilled Creamy Asparagus

Cuisine: Chinese
Food category: Vegetables



Author: Gary CHIU
Company: Retigo Asia



Program steps

Preheating: 265 °C

1

 Combination

 30 %

 Termination by time

 04:00 mm:ss

 250 °C

 90 %



Ingredients - number of portions - 10

Name	Value	Unit
green asparagus	500	g

Name	Value	Unit
crème fraîche	100	ml
lemon juice	50	ml
sea-salt	5	g
ground black pepper, ground	5	g
ground smoked paprika	3	g

Directions

- ◇ Wash the whole plant of California asparagus, drain and set aside
- ◇ Cut off the hard stem at the tail end, the root skin at the back end is too hard, peel about 5cm
- ◇ Mix Californian asparagus and crème fraîche
- ◇ Baking at high temperature for a short time retains moisture and crispness to the maximum extent, and the color of the oven is emerald green

Nutrition and allergens

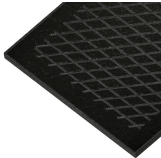
Allergens:
Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, B6, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	16.9 kJ
Carbohydrate	1.4 g
Fat	0.4 g
Protein	1.6 g
Water	0 g

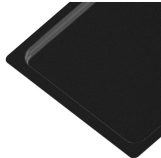
Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Bake



Vision Express Grill