

# Carrot cream with orange

Cuisine: Czech

Food category: Vegetables



Author: Lukáš Halamicek

Company: Retigo



## Program steps

1 Hot air 100 % Termination by time 00:30 hh:mm 160 °C + 100 %

## Ingredients - number of portions - 10

| Name              | Value | Unit |
|-------------------|-------|------|
| white onion       | 0.2   | kg   |
| Chantenay Carrots | 1     | kg   |
| Celery            | 0.5   | kg   |
| orange juice      | 0.2   | l    |
| beef stock        | 2     | l    |
| vegetable oil     | 0.05  | l    |
| salt              | 4     | g    |

| Name | Value | Unit |
|------|-------|------|
|      | 0     | pcs  |

## Nutrition and allergens

Allergens:

Minerals: Ca, 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                           | 171.6 kJ |
| Carbohydrate                     | 8.2 g    |
| Fat                              | 0.5 g    |
| Protein                          | 1.6 g    |
| Water                            | 0 g      |

## Directions

We clean the carrot, parsley and onion and fry them in oil in an enamel tray on the specified program. Then put it in the beef broth, add the orange juice and blend until smooth (if necessary add more flavour). We thicken the soup with red lentils or we can use a larger amount of carrots.

## Recommended accessories



Enameled GN container