

Crema Catalana with pineapple ragout

Cuisine: Spanish
Food category: Desserts



Author: Retigo Team Deutschland

Company: RETIGO Deutschland GmbH





Program steps


Preheating:

110 °C


1


 Steaming


 Termination by time

 00:30

hh:mm

 110 °C

 100 %



Ingredients - number of portions - 4

Name	Value	Unit
milk 3.5%	100	ml
whipped cream 33%	300	ml
fine sugar	45	g
cinnamon stick	1	pcs
egg yolk	4	pcs
lemon	0.5	pcs
orange	0.5	pcs
pineapple	200	g
sugar	50	g

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	123.8 kJ
Carbohydrate	30.3 g
Fat	0.1 g
Protein	0.2 g
Water	0 g

Directions

- Crema Catalana is a dessert cream covered with a solid caramel layer. The origin of this dessert lies in Catalonia and goes back to the Middle Ages, where this dish first appeared in cookbooks.
- Heat the milk, cream, fine sugar, cinnamon and zest in a saucepan, stirring constantly.
- Place egg yolks in a bowl and beat. Stir the milk mixture through a sieve into the egg yolks and heat over a water bath, stirring constantly, until the mixture becomes creamy.
- Pour the mixture into heat-resistant bowls about 2-3 cm deep and poach in the combi steamer at 110°C in steam mode at full fan speed for about 30 minutes.
- After 3 hours of cooling, the Crema Catalana can be sprinkled with sugar and caramelized with a Bunsen burner.
- Cut the pineapple into 1cm thick cubes. Puree half of it with a hand blender.
- Put the cubes and the puree together with the sugar in a pot and let it boil down for about 5 minutes, stirring constantly.