

# Pumpkin dumpling

Cuisine: Czech

Food category: Side dishes



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Company: Retigo



## Program steps

Preheating: 99 °C

|   |          |                                       |       |       |        |  |
|---|----------|---------------------------------------|-------|-------|--------|--|
| 1 | Steaming | Termination by core probe temperature | 89 °C | 99 °C | + 80 % |  |
|---|----------|---------------------------------------|-------|-------|--------|--|

## Ingredients - number of portions - 10

| Name               | Value | Unit |
|--------------------|-------|------|
| baguettes          | 800   | g    |
| hokkaido pumpkin   | 800   | g    |
| milk 3.5%          | 0.4   | l    |
| chicken eggs       | 5     | pcs  |
| salt               | 20    | g    |
| coarse wheat flour | 120   | g    |
| parsley            | 10    | g    |
| nutmeg             | 0.1   | g    |
| Butter             | 100   | g    |

## Nutrition and allergens

Allergens: 1, 3, 7

Minerals: Ca, 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                           | 611.3 kJ |
| Carbohydrate                     | 64.3 g   |
| Fat                              | 9.1 g    |
| Protein                          | 10.2 g   |
| Water                            | 0 g      |

## Directions

Cut the buns into croutons and toast them in a convection oven. Hot air mode 190°C, 6 min. Depending on taste, we can also fry with butter.

Roast the cleaned pumpkin cut into cubes together with the buns.

Separate the yolks from the whites.

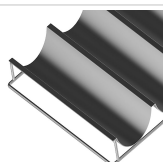
Beat the egg yolks with salt and nutmeg in milk and pour over the toasted bun cubes, mix lightly, leave to soak in and then dust with coarse flour. Mix again lightly so that the flour sticks to the croutons.

Mix the chopped parsley and the beaten egg whites lightly into the croutons, add the roasted pumpkin and mix everything. We shape neat dumplings or we can wrap them in food foil.

We cook according to the specified program in special GN for dumplings. If you don't have a temperature probe, cook in steam for 30 minutes at 99°C.

After cooking, immediately unwrap from the foil and brush with melted butter.

## Recommended accessories



Form for dumplings