

Broccoli fritters

Cuisine: **Czech**

Food category: **Vegetarian dishes**



Author: **Jakub Svoboda**

Company: **Retigo**

Program steps

1	Hot air	0 %	Termination by time	00:08 hh:mm	230 °C	100 %	
---	---------	-----	---------------------	----------------	-----------	-------	--

Ingredients - number of portions - 10

Name	Value	Unit
Broccoli	750	g
breadcrumbs	500	g
Edam	100	g
salt	10	g
freshly ground black pepper, ground	1	g
garlic	10	g
5 tbsp vegetable oil	200	ml
Eggs	4	pcs
plain wheat flour	100	g
ground red pepper	10	g

Directions

We cut the broccoli into florets, steam it for about 5 minutes, and immediately cool it down with cold water to keep it beautifully green. Once cooled, we chop the broccoli, add grated Eidam cheese, a whole egg, breadcrumbs, chopped garlic, salt, and pepper to taste. We mix the mixture and shape it into fritters. The prepared fritters are coated in a breading. Just add a bit of sweet red paprika to the breadcrumbs for color. The breaded fritters are placed on a baking sheet greased with oil and drizzled with oil on both sides. We fry them in a preheated combi oven at 230°C for 8 minutes in hot air mode with the vent open to release excess moisture.

Nutrition and allergens

Allergens: 1, EGG, Milk
 Minerals: Ca, Calcium, Co, Cr, Cu, F, Fe, I, Iron, K, Magnesium, Mg, Mn, Na, P, Phosphorus, Potassium, Se, Selenium, Sodium, Zn
 Vitamins: A, B, B6, C, D, E, Folate, K, Vitamin A, Vitamin B12, Vitamin B6, Vitamin C, Vitamin D, Vitamin K

Nutritional value of one portion	Value
Energy	281.7 kJ
Carbohydrate	51.7 g
Fat	3.8 g
Protein	10.8 g
Water	70.8 g

Recommended accessories



Vision Oil Spray Gun



Vision Bake



Enameled GN
container