

# Karlovy Vary dumpling

Cuisine: Czech

Food category: Side dishes



Author: Vlastimil Jaša

Company: Retigo



## Program steps

|   |          |                                       |       |       |      |  |
|---|----------|---------------------------------------|-------|-------|------|--|
| 1 | Steaming | Termination by core probe temperature | 86 °C | 99 °C | 50 % |  |
|---|----------|---------------------------------------|-------|-------|------|--|

## Ingredients - number of portions - 10

| Name               | Value | Unit |
|--------------------|-------|------|
| buns               | 0.8   | kg   |
| milk 3.5%          | 0.4   | l    |
| chicken eggs       | 5     | pcs  |
| salt               | 0.02  | kg   |
| coarse wheat flour | 0.12  | kg   |
| sprig of parsley   | 0.01  | kg   |
| nutmeg             | 0     | kg   |

## Nutrition and allergens

Allergens: 1, 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                           | 274.4 kJ |
| Carbohydrate                     | 57.1 g   |
| Fat                              | 2.5 g    |
| Protein                          | 9.2 g    |
| Water                            | 0 g      |

## Directions

Cut the buns into cubes and toast them in a convection oven - Hot Air 190°C for 6 minutes, you can also toast them with butter if you like.

Separate the yolks from the whites.

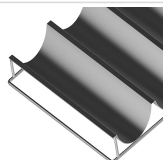
Beat the egg yolks with salt and nutmeg in milk and pour over the roasted cubes. Mix the buns lightly, let them soak and then dust them with coarse flour and mix again lightly so that the flour sticks to the buns.

Lightly mix the chopped parsley (chives) and the beaten egg whites into the buns.

We form into neat dumplings, which we wrap in food foil.

We cook on the "Karlovary Dumpling" program in special GN for dumplings.

## Recommended accessories



Form for dumplings