

Beetroot and goat cheese pancakes

Cuisine: **Czech**

Food category: **Vegetarian dishes**



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Company: **Retigo**



Program steps

| | | | | | | | |
|---|---------|-------|---------------------|----------------|--------|------|--|
| 1 | Hot air | 100 % | Termination by time | 00:08 hh:mm | 195 °C | 90 % | |
|---|---------|-------|---------------------|----------------|--------|------|--|

Ingredients - number of portions - 8

| Name | Value | Unit |
|-----------------------|-------|------|
| beetroot | 1.1 | kg |
| chicken eggs | 4 | pcs |
| sparkling water | 0.5 | l |
| salt | 0.01 | kg |
| thyme | 0 | kg |
| basil | 0 | kg |
| oregano | 0 | kg |
| garlic | 0 | kg |
| plain buckwheat flour | 0.35 | kg |
| dried baker's yeast | 0.02 | kg |
| 5 tbsp vegetable oil | 0.08 | kg |
| goat cheese | 0.25 | kg |
| thick cream 18% fat | 0.35 | kg |
| rocket leaves | 0.1 | kg |
| walnuts | 0.05 | kg |

Directions

First, prepare the beetroot. Peel, rinse and cook in the convection oven in manual mode on Steam for 45 minutes at 99°C. After cooking, cool, peel and blend the beetroot finely.

Beat the egg yolks with sparkling water and flour mixed with baking powder and lastly add the blended beetroot with herbs and garlic. Stir in the whipped egg whites and let rise at room temperature.

Place the pancake dough with beetroot on a greased Vision Snack gastronorm.

Select the "Pancakes" program in the convection oven, let it preheat, then place in the convection oven and bake.

Serve and garnish with goat cheese with cream, walnuts and arugula.

Nutrition and allergens

Allergens: 1, 3, 7, 8

Minerals: Ca, Co, 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 | 533.4 kJ |
| Carbohydrate | 33.9 g |
| Fat | 43.1 g |
| Protein | 17.4 g |
| Water | 0 g |

Recommended accessories



Vision Oil Spray Gun



Vision Snack