

Blueberry dumplings with cottage cheese

Cuisine: **Czech**
Food category: **Desserts**





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Program steps


1


 Steaming

 Termination by time

 00:12 hh:mm

 97 °C

 50 %



Ingredients - number of portions - 10		
Name	Value	Unit
butter soft	0.1	kg
chicken eggs	0.12	kg
salt	0.02	kg
soft curds	0.3	kg
milk 3.5%	0.3	l
coarse wheat flour	0.9	kg
fresh blueberries	1.2	kg
full-fat quark	0.3	kg
powdered sugar	0.3	kg
butter soft	0.3	kg
eh	0.3	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	863.3 kJ
Carbohydrate	108.9 g
Fat	39.3 g
Protein	16.7 g
Water	0 g

Directions

We quickly make a nice dough from flour, cottage cheese, butter, egg and salt.

On a floured rolling pin, roll it out to a thickness of about 3 mm and divide it into similarly sized parts, about 6 x 6 cm, with a rolling pin.

Put a piece of dough in the palm of your hand and fill it with a spoonful of blueberries. Carefully wrap and form a round dumpling.

The blueberry dumplings prepared in this way are stacked side by side with a 3 cm gap on a greased perforated stainless steel GN 40 mm high.

After preheating the convection oven, place it in the cooking chamber.

After cooking, brush with warmed butter and preferably serve immediately. First sprinkle with sugar to taste, then pour over melted butter and finally decorate with cottage cheese and blueberries.

Recommended accessories



GN container Stainless
steel perforated