

Blueberry dumplings with cottage cheese

Cuisine: Czech

Food category: Desserts



Author: Vlastimil Jaša

Company: Retigo



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

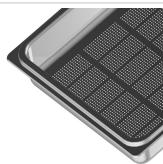
We quickly make a nice dough from flour, cottage cheese, butter, egg and salt.

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