

Asparagus sous-vide

Cuisine: Czech

Food category: Vegetables



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Company: Retigo



Program steps

1 Combination 50 % Termination by time 00:45 hh:mm 63 °C 60 %

Ingredients - number of portions - 10

Name	Value	Unit
green asparagus	2	kg
butter soft	0.2	kg
saffron, scar	10	pcs
honey	50	g

Nutrition and allergens

Allergens: 7

Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	222.3 kJ
Carbohydrate	8.2 g
Fat	17.8 g
Protein	6.2 g
Water	0 g

Directions

Clean the green asparagus and put it in a vacuum bag together with butter and saffron. Add salt, pepper and honey. Vacuum together and place in a combi oven.

Recommended accessories



GN container Stainless steel perforated