

Carrot and cashew nut cream soup with country chicken dumplings

Cuisine: **South-East Asian**

Food category: **Poultry**



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Program steps

Preheating: 235 °C

1 Gemüse und Erdnussöl hinzugeben

Combination
 25 %
 Termination by time
 00:03 hh:mm
 225 °C
 70 %

2 wenden

Combination
 25 %
 Termination by time
 00:03 hh:mm
 225 °C
 70 %

3 Tomatenmark hinzugeben

Combination
 25 %
 Termination by time
 00:01 hh:mm
 225 °C
 70 %

4 mit Brühe auffüllen und Gewürze hinzugeben

Combination
 25 %
 Termination by time
 00:13 hh:mm
 135 °C
 70 %

5 Fleischbällchen im Frittierkorb hineingeben

Combination
 25 %
 Termination by time
 00:07 hh:mm
 135 °C
 70 %

6 Suppe mit Sahne und Cashewkernbutter auffüllen

Combination
 25 %
 Termination by time
 00:03 hh:mm
 135 °C
 70 %

Ingredients - number of portions - 6

Name	Value	Unit
red onion	150	g
garlic	8	g
carrot	400	g
ginger root, peeled and finely chopped	1	pcs
peanut oil	60	ml
salt	12	g
ground white pepper	3	g
brown sugar	5	g
tomato puree	30	g
cream 12%	165	ml

Directions

Preheat the combi steamer with a coated GN container to 225°C in combi steam mode with a humidity of 25% and fan speed of 70%. Then roast the vegetables with the peanut oil for 3 minutes, then turn them over and let them roast for another 3 minutes. Add the tomato paste and let it roast for 1 minute. Reduce the temperature to 135°C and add the stock, add the spices and simmer for 20 minutes. Add the cream and cashew butter and simmer for another 3 minutes. Then remove from the combi steamer and mix with a high-performance mixer and, if necessary, pass through a fine sieve. Country chicken meatballs: Run the meat, herbs and vegetables through the meat grinder, knead with the egg white and panko and add the spices.

vegetable broth	1050	ml
cashew butter	50	g

Then twist off small balls of approx. 20 grams and cook for 10 minutes in a preheated combi steamer at 135°C, 25% humidity and a fan speed of 70%, in a coated frying basket (of course these can be added to the soup for the last 10 minutes). , as described in the program above.

Name	Value	Unit
red onion	35	g
sprig of parsley	8	g
Coriander leaves, finely chopped	2	g
thai basil	5	g
chaotian pepper	1	g
panko breadcrumbs	25	g
pieces of chicken meat	250	g
garlic	2	g
protein	1	pcs
salt	4	g
ground white pepper	0.5	g

Name	Value	Unit
roasted cashews	50	g
carrot	300	g
Coriander leaves, finely chopped	6	pcs

Nutrition and allergens

Allergens: 1

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	244.5 kJ
Carbohydrate	21.7 g
Fat	10.8 g
Protein	14.6 g
Water	0 g

Recommended accessories



Enameled GN container