

# Braised asparagus in its own juice

Cuisine: **German**  
Food category: **Vegetables**



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## Program steps

1

 Combination

 40 %

 Termination by time

 00:20 hh:mm

 120 °C

 100 %



| Ingredients - number of portions - 2 |       |      |
|--------------------------------------|-------|------|
| Name                                 | Value | Unit |
| green asparagus                      | 0.5   | kg   |
| white asparagus                      | 0.3   | kg   |
| butter soft                          | 50    | g    |
| vanilla bean                         | 0.5   | pcs  |
| sea-salt                             | 10    | g    |
| caster sugar                         | 10    | g    |

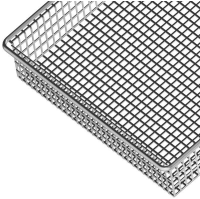
| Nutrition and allergens                                                                                              |          |
|----------------------------------------------------------------------------------------------------------------------|----------|
| Allergens: 7<br>Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn<br>Vitamins: A, B, C, D, E, K, Kyselina listová |          |
| Nutritional value of one portion                                                                                     | Value    |
| Energy                                                                                                               | 310.3 kJ |
| Carbohydrate                                                                                                         | 16.1 g   |
| Fat                                                                                                                  | 22.6 g   |
| Protein                                                                                                              | 10.7 g   |
| Water                                                                                                                | 0 g      |

Directions

Peel the asparagus and cut off the woody ends. Put the asparagus in parchment paper and put the butter on top. Season with vanilla, sugar and salt. Now wrap everything into a package and seal it with aluminum foil. Braise the asparagus for about 20 minutes at 120°C combined steam and 40% moisture to the desired bite.

Advantage: The asparagus stews in its own juice and is therefore cooked more intensively than in water.

## Recommended accessories



Vision Frit