

Carrot cream with orange

Cuisine: **Czech**
Food category: **Vegetables**



Author: Lukáš Halamicek

Company: Retigo



Program steps

1

 Hot air

 100 %

 Termination by time

 00:30 hh:mm

 160 °C

 100 %



Ingredients - number of portions - 10		
Name	Value	Unit
white onion	0.2	kg
Chantenay Carrots	1	kg
Celery	0.5	kg
orange juice	0.2	l
beef stock	2	l
5 tbsp vegetable oil	0.05	l
salt	4	g

Name	Value	Unit
	0	pcs

Nutrition and allergens

Allergens:

Minerals: Ca, 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	171.6 kJ
Carbohydrate	8.2 g
Fat	0.5 g
Protein	1.6 g
Water	0 g

Directions

We clean the carrot, parsley and onion and fry them in oil in an enamel tray on the specified program. Then put it in the beef broth, add the orange juice and blend until smooth (if necessary add more flavour). We thicken the soup with red lentils or we can use a larger amount of carrots.

Recommended accessories



Enameled GN
container