

Pumpkin dumpling

Cuisine: Czech
Food category: Side dishes



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Company: Retigo



Program steps

Preheating:

99 °C

1

 Steaming

 Termination by
core probe
temperature

 89 °C

 99 °C

 + 80 %



Ingredients - number of portions - 10

Name	Value	Unit
baguettes	800	g
hokkaido pumpkin	800	g
milk 3.5%	0.4	l
chicken eggs	5	pcs
salt	20	g
coarse wheat flour	120	g
parsley	10	g
nutmeg	0.1	g
Butter	100	g

Nutrition and allergens

Allergens: 1, 3, 7
Minerals: Ca, 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	611.3 kJ
Carbohydrate	64.3 g
Fat	9.1 g
Protein	10.2 g
Water	0 g

Directions

Cut the buns into croutons and toast them in a convection oven. Hot air mode 190°C, 6 min. Depending on taste, we can also fry with butter.

Roast the cleaned pumpkin cut into cubes together with the buns.

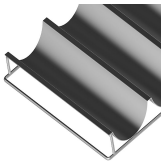
Separate the yolks from the whites.
Beat the egg yolks with salt and nutmeg in milk and pour over the toasted bun cubes, mix lightly, leave to soak in and then dust with coarse flour. Mix again lightly so that the flour sticks to the croutons.

Mix the chopped parsley and the beaten egg whites lightly into the croutons, add the roasted pumpkin and mix everything. We shape neat dumplings or we can wrap them in food foil.

We cook according to the specified program in special GN for dumplings. If you don't have a temperature probe, cook in steam for 30 minutes at 99°C.

After cooking, immediately unwrap from the foil and brush with melted butter.

Recommended accessories



Form for dumplings