

Carrot puree

Cuisine: **Czech**
Food category: **Side dishes**



Author: **Vlastimil Jaša**

Company: **Retigo**



Program steps

1

Steaming

Termination by time

00:25 hh:mm

99 °C

80 %



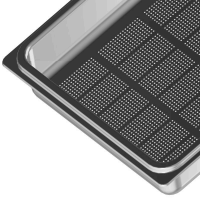
Ingredients - number of portions - 10		
Name	Value	Unit
carrot	2200	g
Butter	250	g
salt	20	g
nutmeg	0.1	g

Directions

Peel the carrot and cut it into larger cubes. Place in a perforated GN and cook until soft, then pour over the mixing bowl of the universal machine, add the butter and other ingredients and blitz until smooth.

Nutrition and allergens	
Allergens:	
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	827.1 kJ
Carbohydrate	15.5 g
Fat	20.5 g
Protein	2.6 g
Water	0 g

Recommended accessories



GN container Stainless steel perforated