

Herb sous-vide

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



Author: **Jan Malachovský**
Company: **Retigo**



Program steps

1

 Combination

 50 %

 Termination by time

 00:45 hh:mm

 63 °C

 60 %



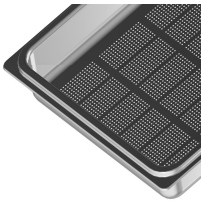
Ingredients - number of portions - 10		
Name	Value	Unit
green asparagus	2	kg
butter soft	0.2	kg
saffron, scar	10	pcs
honey	50	g

Nutrition and allergens	
Allergens: 7 Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn Vitamins: A, B, C, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	222.3 kJ
Carbohydrate	8.2 g
Fat	17.8 g
Protein	6.2 g
Water	0 g

Directions

We clean the green herbs and place them in a vacuum bag together with the butter and saffron. We add salt, pepper, and honey. We vacuum seal together and place in the combi oven.

Recommended accessories



GN container Stainless steel perforated