

Creamy red kuri squash soup with sauer cream

Cuisine: English

Food category: Vegetables



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Company: Retigo



Program steps

Preheating: 195 °C

1 Hot air 100 % Termination by time 00:17 hh:mm 180 °C + 100 %

Ingredients - number of portions - 10

Name	Value	Unit
red kuri squash	3	pcs
onion	1	pcs
olive oil	50	ml
sour cream 18%	250	ml
rosemary sprig	1	pcs
vegetable broth	2	l

Nutrition and allergens

Allergens: 7

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	0 kJ
Carbohydrate	0 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

Cut the squash in half, remove the seeds and cut in quarters. Place on enamelled GN container, drizzle with olive oil, season with salt and pepper and sprinkle with rosemary sprig.

Place into a preheated Retigo combi oven using hot air, 180°C and roast for 15-20 minutes.

Chopp and fry some peeled onion, put some vegetable stock, bring it to the boil and add the roasted squash. Use the stick blender to blitz it to a fine consistency. Garnish with quenelle of sauer cream and a touch of olive oil.