

Crystal bread

Cuisine: German

Food category: Pastry



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Program steps

Preheating: 180 °C

1	Hot air	100 %	Termination by time	00:10 hh:mm	160 °C	+ 50 %	X
2	Pause			180 s			
3	Hot air	0 %	Termination by time	00:06 hh:mm	160 °C	+ 50 %	X
4	Pause			180 s			
5	Hot air	0 %	Termination by time	00:06 hh:mm	160 °C	+ 50 %	X
6	Pause			180 s			
7	Hot air	0 %	Termination by time	00:06 hh:mm	160 °C	+ 50 %	X
8	Pause			180 s			
9	Hot air	0 %	Termination by time	00:06 hh:mm	160 °C	+ 50 %	X
10	Pause			180 s			
11	Hot air	0 %	Termination by time	00:15 hh:mm	160 °C	+ 50 %	X
12	Pause			180 s			
13	Hot air	0 %	Termination by time	00:10 hh:mm	160 °C	+ 50 %	X

Ingredients - number of portions - 10

Name	Value	Unit
kudzu	20	g
potato starch	20	g
water	650	ml

Nutrition and allergens

Allergens:
Minerals:
Vitamins:

Nutritional value of one portion	Value
Energy	13.7 kJ
Carbohydrate	3.3 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

Mix the starches well in the cold water, then bring to the boil and simmer for about 3 minutes. Pour the boiling liquid into silicone molds. The baking program is suitable for approx. 30g of dough per mold. The molds may only be filled halfway as the volume increases during the baking process.

After baking and just before serving, brush with a little neutral oil to give the crystalline look a special shine.

The Crystal Bread is a special eye-catcher and can be topped and garnished in a variety of ways like a canapé.