

Steamed hailstones

Cuisine: Czech

Food category: Side dishes



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Company: Retigo



Program steps

Preheating: 180 °C

1 Combination 90 % Termination by time 00:35 hh:mm 165 °C 90 %

Ingredients - number of portions - 10

Name	Value	Unit
medium hail	1000	g
water	1650	g
salt	18	g
ointment	24	g

Nutrition and allergens

Allergens: 1

Minerals: Ca, Co, Cu, Fe, I, K, Mg, Mn, Na, P, Zn

Vitamins: A, C, E

Nutritional value of one portion	Value
Energy	374.5 kJ
Carbohydrate	76 g
Fat	5.4 g
Protein	9 g
Water	0 g

Directions

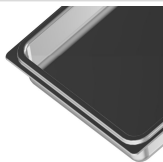
Wash the groats well in three times lukewarm water and let them swell for an hour, then drain the water and put a maximum of 3 kg of groats into the GNP 100 mm high.

Pour 1.65 l of hot and salted water over 1 kg of soaked groats, add lard and cover with a GN lid.

We put it in a preheated combi oven on the specified program.

After the heat treatment, mix the grits.

Recommended accessories



GN container Stainless steel full