

Jacket potato with pinto beans and smoked cheese

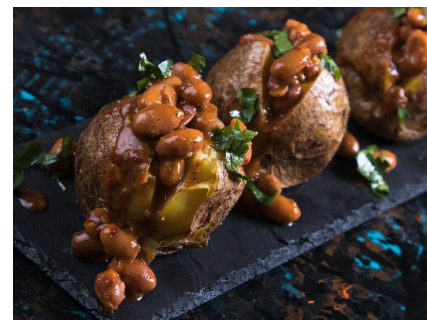
Cuisine: English

Food category: Vegetarian dishes



Author: Jaroslav Mikoška

Company: Retigo



Program steps

1	Hot air	100 %	Termination by time	01:00	hh:mm	170 °C	100 %	
2	remove the potatoes and follow the instruction in the recipe							
	Hot air	100 %	Termination by time	00:01	hh:mm	230 °C	100 %	

Ingredients - number of portions - 2

Name	Value	Unit
potatoes	2	pcs
pinto beans	80	g
onion	1	pcs
smoked cheese	60	g
cloves garlic, finely chopped	2	pcs
olive oil	50	ml
sweet white wine	40	ml
tomato puree	40	g
salt	3	g
ground black pepper, ground	1	g
sprig of parsley	10	g

Nutrition and allergens

Allergens:

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

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	129.7 kJ
Carbohydrate	10.7 g
Fat	5.6 g
Protein	10.1 g
Water	0 g

Directions

Soak the beans in water overnight. Strain the beans and place them into a deep GN container with water. Pierce the potatoes on the bottom side using a small knife. Place them into a full GN container into a preheated Retigo combi oven together with the beans in water, set on hot air mode 170°C for 60 minutes.

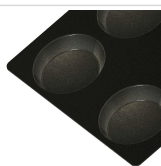
Meanwhile chop the onion, put oil in a pot, heat up and add the chopped onion, garlic cloves and fry until light brown. Add tomato paste-double concentrated and fry for few seconds and add white wine. Reduce down add cooked beans, salt, pepper and finish with a nob of butter.

Cut the cooked jacket potato almost in half lengthwise and fill with prepared filling and finish it with grated smoked cheese. Put them back into the oven for 1 minute setting on hot air mode 230°C. When served garnish with chopped fresh parsley.

Recommended accessories



Vision Pan



Vision Snack