

Parsley root cream soup with dates

Cuisine: German

Food category: Vegetarian dishes



Author: Retigo Team Deutschland

Company: RETIGO Deutschland GmbH



Program steps

Preheating: 200 °C

1	Petersilienwurzelcremesuppe - anbraten	Combination	25 %	Termination by time	00:03	hh:mm	180 °C	+ 100 %	X
2	wenden	Combination	25 %	Termination by time	00:03	hh:mm	180 °C	+ 100 %	X
3	ablöschen	Combination	25 %	Termination by time	00:02	hh:mm	140 °C	+ 100 %	X
4	Brühe auffüllen	Steaming		Termination by time	00:40	hh:mm	99 °C	+ 50 %	X
5	Sahne hinzugeben	Steaming		Termination by time	00:10	hh:mm	99 °C	+ 50 %	X
6	Gebackene Medjol mit Feta - vorheizen auf 230°C	Combination	20 %	Termination by time	00:03	hh:mm	220 °C	+ 100 %	X

Ingredients - number of portions - 10

Name	Value	Unit
parsley root	750	g
floury potatoes	250	g
clarified butter	75	g
shallot	125	g
spring garlic	2	pcs
sprig of parsley	25	g
noilly prat	60	ml
dry white wine	250	ml
vegetable broth	1400	ml
sea-salt	30	g
pepper white whole	4	g
nutmeg	2	g
cream 12%	500	ml
pancetta	20	pcs
medjool dates	20	pcs
feta cheese	100	g

Nutrition and allergens

Allergens: 1

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

Directions

Parsley root cream soup: Peel the parsley root and potatoes and cut them into coarse cubes. Peel the light shallots and also cut them into coarse cubes.

Preheat a coated, deep GN container in the combi steamer at 180°C / 25% humidity / 100% fan speed with the clarified butter, then sweat the roots, potatoes and shallots in it until slightly translucent for 6 minutes, stirring once halfway through.

Then reduce the temperature to 140°C with the same parameter settings and deglaze with white wine, let it reduce for 2 minutes. Then switch to steam mode and add the vegetable broth/spices and let it steam for 40 minutes. Top up with cream and let steam for another 10 minutes.

Then puree the soup and strain it, seasoning again if necessary.

Baked stuffed coated Medjool dates: Cut the dates in half lengthwise, remove the core and fill with an oblong bar of feta, press the date together and coat with pancetta (20 slices) and screw in tightly. Place the pancetta with the overlapping side down on a coated turning plate and grill in the combi steamer at 220°C / 20% humidity / 100% fan speed for 3 minutes.

Decoration: Cut the parsley and spring garlic (2 stalks) into fine strips and rings and add them over the soup.

Vitamins: A, B, C, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	168.1 kJ
Carbohydrate	14.1 g
Fat	10.4 g
Protein	4.9 g
Water	0 g