

Cinnamon stars

Cuisine: German
Food category: Pastry



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Program steps

Preheating: 100 °C

1

 Hot air

 0 %

 Termination by time

 00:20

hh:mm

 100 °C

 70 %



Ingredients - number of portions - 5

Name	Value	Unit
protein	8	pcs
powdered sugar	400	g
almonds	1.4	kg
cinnamon	8	g

Name	Value	Unit
white	4	pcs
powdered sugar	400	g

Nutrition and allergens

Allergens: 3, 8
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, K, Kyselina listová

Nutritional value of one portion	Value
Energy	2395.6 kJ
Carbohydrate	183.6 g
Fat	151.2 g
Protein	58.9 g
Water	0 g

Directions

This recipe makes approx. 5 GN 1/1 trays depending on the size of the ramekins. 1 tray corresponds to one portion.

Preparation:

Beat the egg whites, add the sifted powdered sugar and continue beating until the mixture is stiff.

Stir in the cinnamon and fold in the almonds and knead everything into a malleable dough.

Refrigerate the dough overnight until further processing.

Then roll out the dough to a thickness of approx. 0.5 cm and cut it out in a star shape, then place it on a coated perforated tray.

Since the dough is then dried rather than baked, baking on a perforated tray is ideal; with a closed tray the baking time or drying time is at least doubled.

For the icing, beat the egg whites until stiff and incorporate the powdered sugar. Spread the mixture generously into stars, then bake in a combi steamer, ideally in a slide-in timer. Then let it cool down, ideally in a frying basket.

Bake:

Hot air 100 °C, vapor flap completely open (0% residual moisture) 20 minutes at 70% fan speed.

Recommended accessories



Perforated aluminium sheet, teflon coated