

Spinach roulade

Cuisine: Czech

Food category: Vegetarian dishes



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Program steps

Preheating: 190 °C

1 Hot air 100 % Termination by time 00:30 hh:mm 170 °C 80 %

Ingredients - number of portions - 10

Name	Value	Unit
spinach leaves	800	g
egg yolk	10	pcs
soft cream cheese	100	g
salt	4	g
plain wheat flour	100	g
baking powder	2	pcs
white	10	pcs

Nutrition and allergens

Allergens: 1, 3, 7

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

Vitamins: A, B, C, K, Kyselina listová

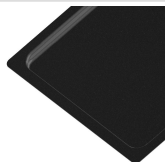
Nutritional value of one portion	Value
Energy	85.7 kJ
Carbohydrate	7.9 g
Fat	3.2 g
Protein	4.6 g
Water	0 g

Directions

To prepare the dough, first steam fresh spinach at 99°C for 2 minutes and squeeze out as much water as possible. Mix spinach with egg yolks, cream cheese, salt, flour and baking powder in a bowl. Mix everything with an immersion blender.

Next, beat the egg whites and gently mix them into the mixture. Spread the dough evenly on the baking sheet. We put it in a preheated combi oven and bake on the above program, which thanks to the Retigo Combionline system you can also import into your combi oven.

Recommended accessories



Vision Bake