

# Braised asparagus in its own juice

Cuisine: German  
Food category: Vegetables



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## Program steps

1

Combination

40 %

Termination by time

00:20 hh:mm

120 °C

+ 100 %



## Ingredients - number of portions - 2

Name	Value	Unit
green asparagus	0.5	kg
green asparagus	0.3	kg
butter	50	g
vanilla bean	0.5	pcs
sea-salt	10	g
caster sugar	10	g

## Nutrition and allergens

Allergens: 7  
Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn  
Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	319.3 kJ
Carbohydrate	13.1 g
Fat	23.2 g
Protein	12.2 g
Water	0 g

## Directions

Peel the asparagus and cut off the woody ends. Put the asparagus in parchment paper and put the butter on top. Season with vanilla, sugar and salt. Now wrap everything into a package and seal it with aluminum foil. Braise the asparagus for about 20 minutes at 120°C combined steam and 40% moisture to the desired bite.

Advantage: The asparagus stews in its own juice and is therefore cooked more intensively than in water.

## Recommended accessories



Vision Frit