

Carrot cream with orange

Cuisine: Czech
Food category: Vegetables



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Company: Retigo



Program steps

1

 Hot air

 100 %

 Termination by time

 00:30 hh:mm

 160 °C

 100 %



Ingredients - number of portions - 10

Name	Value	Unit
white onion	0.2	kg
Chantenay Carrots	1	kg
Celery	0.5	kg
orange juice	0.2	l
beef stock	2	l
vegetable oil	0.05	l
Salt	4	g

Directions

We clean the carrot, parsley and onion and fry them in oil in an enamel gastro container on the specified program. Then put it in the beef broth, add the orange juice and blend until smooth (if necessary add more flavor). We thicken the soup with red lentils or we can use a larger amount of carrots.


Name	Value	Unit
eh	0	pcs

Nutrition and allergens

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

Nutritional value of one portion	Value
Energy	8.6 kJ
Carbohydrate	1.8 g
Fat	0.1 g
Protein	0.2 g
Water	0 g

Recommended accessories



Enameled GN container