Retigo Combionline | Cookbook | Vegetables 5. 9. 2023

Carrot cream with orange

Cuisine: Czech

Food category: Vegetables



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Ingredients - number of portions - 10



0.1 g

0.2 g

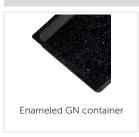
0 g

3		
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

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 Energy 8.6 kJ Carbohydrate 1.8 g

Recommended accessories



Fat

Protein

Water

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.