Retigo Combionline | Cookbook | Side dishes 11. 10. 2020

Garlic mushrooms

Cuisine: Spanish

Food category: Side dishes



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Program steps

Pre	eheating: 220 °C		
1	Combination	♦ 40 % ♦ 7 Termination by time ♦ 00:04 hh:mm ♦ 200 °C 100 %	× X
2	add the garlic		
	SSP Combination	♦ 40 % Termination by time ♦ 00:04 hh:mm ♦ 200 °C ♣ 100 %	× X
3	add the vinegar		
	(%) Combination	♦ 40 % 7 8 200 °C ♣ 100 9	× X

Ingredients - number of portions - 6

Name	Value	Unit
olive oil	30	ml
cloves garlic, finely chopped	4	pcs
fresh mushrooms	500	g
sherry vinegar	30	ml
salt	2	g
ground black pepper, ground	1	g
ground hot pepper	1	g
sprig of parsley	50	g

Nutrition and allergens

Allergens:

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

Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	21.7 kJ
Carbohydrate	1 g
Fat	0.3 g
Protein	3.7 g
Water	0 g

Directions

Set the Retigo combi oven to a combination mode 40%, 200C. Place washed, seasoned and oiled mushrooms on Retigo bake GN container. After 4 minutes frying, add the garlic and continue to fry. After another 4 minutes pour in two tablespoons of the sherry vinegar, shut the door and continue to cook for another 2 minutes. Continue to cook until most of the liquid has evaporated. Serve with another drizzle of olive oil, a light sprinkling of paprika and plenty of parsley.

Recommended accessories

