

# Beetroot fritters with goat cheese

Cuisine: Czech

Food category: Vegetarian dishes



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Company: Retigo



## Program steps

1 Hot air 100 % Termination by time 00:08 hh:mm 195 °C + 90 %

## Ingredients - number of portions - 8

Name	Value	Unit
beetroot	1.1	kg
chicken eggs	4	pcs
sparkling water	0.5	l
salt	0.01	kg
thyme	0	kg
basil	0	kg
oregano	0	kg
garlic	0	kg
plain buckwheat flour	0.35	kg
dried baker's yeast	0.02	kg
vegetable oil	0.08	kg
goat cheese	0.25	kg
sour cream 18%	0.35	kg
arugula	0.1	kg
walnuts	0.05	kg

## Nutrition and allergens

Allergens: 1, 3, 7, 8

Minerals: Ca, Co, 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	533.4 kJ
Carbohydrate	33.9 g
Fat	43.1 g
Protein	17.4 g
Water	0 g

## Directions

Let's prepare the beetroot first. We clean it, rinse it and cook it in a combi oven in manual mode on Steam for 45 minutes at 99°C. After cooking the beets, cool, clean and blend finely.

Beat the egg yolks with sparkling water and flour mixed with baking powder and finally add the blended beetroot with herbs and garlic. Mix in the beaten egg whites and leave to rise at room temperature.

Put the fritter dough with beetroot on the greased Vision Snack gastro container.

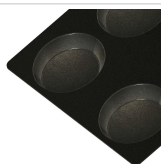
In the combi oven, select the "Fries" program, let it preheat, then put it in the combi oven and bake.

Serve and garnish with goat cheese with cream, walnuts and arugula.

## Recommended accessories



Vision Oil Spray Gun



Vision Snack