

Carrot and cashew nut cream soup with country chicken dumplings

Cuisine: South-East Asian
Food category: Poultry





Author: Retigo Team Deutschland
Company: RETIGO Deutschland GmbH

Program steps

Preheating: 235 °C

1	Gemüse und Erdnussöl hinzugeben	Combination	25 %	Termination by time	00:03 hh:mm	225 °C	70 %	
2	wenden	Combination	25 %	Termination by time	00:03 hh:mm	225 °C	70 %	
3	Tomatenmark hinzugeben	Combination	25 %	Termination by time	00:01 hh:mm	225 °C	70 %	
4	mit Brühe auffüllen und Gewürze hinzugeben	Combination	25 %	Termination by time	00:13 hh:mm	135 °C	70 %	
5	Fleischbällchen im Frittierkorb hineingeben	Combination	25 %	Termination by time	00:07 hh:mm	135 °C	70 %	
6	Suppe mit Sahne und Cashewkernbutter auffüllen	Combination	25 %	Termination by time	00:03 hh:mm	135 °C	70 %	

Ingredients - number of portions - 6		
Name	Value	Unit
red onion	150	g
garlic	8	g
carrot	400	g
ginger root, peeled and finely chopped	1	pcs
peanut oil	60	ml
salt	12	g
ground white pepper	3	g
brown sugar	5	g
tomato puree	30	g
cream 12%	165	ml

Directions

Preheat the combi steamer with a coated GN container to 225°C in combi steam mode with a humidity of 25% and fan speed of 70%. Then roast the vegetables with the peanut oil for 3 minutes, then turn them over and let them roast for another 3 minutes. Add the tomato paste and let it roast for 1 minute. Reduce the temperature to 135°C and add the stock, add the spices and simmer for 20 minutes. Add the cream and cashew butter and simmer for another 3 minutes. Then remove from the combi steamer and mix with a high-performance mixer and, if necessary, pass through a fine sieve. Country chicken meatballs: Run the meat, herbs and vegetables through the meat grinder, knead with the egg white and panko and add the spices.

vegetable broth	1050	ml
cashew butter	50	g

Name	Value	Unit
red onion	35	g
sprig of parsley	8	g
Coriander leaves, finely chopped	2	g
thai basil	5	g
chaotian pepper	1	g
panko breadcrumbs	25	g
pieces of chicken meat	250	g
garlic	2	g
protein	1	pcs
salt	4	g
ground white pepper	0.5	g

Name	Value	Unit
roasted cashews	50	g
carrot	300	g
Coriander leaves, finely chopped	6	pcs

Nutrition and allergens	
Allergens: 1 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	244.5 kJ
Carbohydrate	21.7 g
Fat	10.8 g
Protein	14.6 g
Water	0 g

Recommended accessories



Enameled GN container

Then twist off small balls of approx. 20 grams and cook for 10 minutes in a preheated combi steamer at 135°C, 25% humidity and a fan speed of 70%, in a coated frying basket (of course these can be added to the soup for the last 10 minutes). , as described in the program above.