

Blueberry dumplings with quark

Cuisine: **Czech**
Food category: **Desserts**



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Company: **Retigo**



Program steps

1

Steaming

Termination by time

00:12 hh:mm

97 °C

50 %

Ingredients - number of portions - 10		
Name	Value	Unit
butter soft	0.1	kg
chicken eggs	0.12	kg
salt	0.02	kg
soft curds	0.3	kg
milk 3.5%	0.3	l
coarse wheat flour	0.9	kg
fresh blueberries	1.2	kg
full-fat quark	0.3	kg
powdered sugar	0.3	kg
butter soft	0.3	kg
eh	0.3	kg

Nutrition and allergens	
Allergens: 1, 3, 7	
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, C, Cholin, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	863.3 kJ
Carbohydrate	108.9 g
Fat	39.3 g
Protein	16.7 g
Water	0 g

Directions

From flour, quark, butter, eggs, and salt, quickly knead a nice dough.

On a floured surface, roll it out to about 3 mm thickness and cut into similarly sized pieces, about 6 x 6 cm.

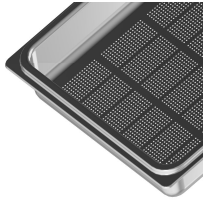
Place the length of the dough in your palm and fill it with a spoonful of blueberries. Carefully wrap it up and form a round dumpling.

The prepared blueberry dumplings are placed next to each other with a 3 cm gap in a greased perforated stainless steel GN 40mm high.

After preheating the combi oven, place them in the cooking chamber.

After cooking, brush with melted butter and ideally serve immediately. First, sprinkle with sugar to taste, then drizzle with melted butter and finally garnish with quark and blueberries.

Recommended accessories



GN container Stainless
steel perforated