

Herb sous-vide

Cuisine: **Czech**
Food category: **Vegetables**



Author: **Jan Malachovský**
Company: **Retigo**



Program steps

1

 Combination

 50 %

 Termination by time

 00:45 hh:mm

 63 °C

 60 %



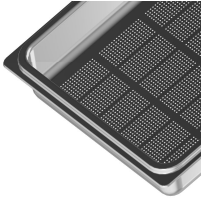
Ingredients - number of portions - 10		
Name	Value	Unit
green asparagus	2	kg
butter soft	0.2	kg
saffron, scar	10	pcs
honey	50	g

Directions

We clean the green herbs and place them in a vacuum bag together with the butter and saffron. We add salt, pepper, and honey. We vacuum seal together and place in the combi oven.

Nutrition and allergens	
Allergens: 7 Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn Vitamins: A, B, C, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	222.3 kJ
Carbohydrate	8.2 g
Fat	17.8 g
Protein	6.2 g
Water	0 g

Recommended accessories



GN container Stainless steel perforated