Vegetable strudel with a cress sauce

מתכון מאת V-ZUG Ltd.



Preparation	40 Mins
Cooking time	30 Mins
מנות	4
התקן	Combair-Steam SL from 2015

Vegetable strudel

250 g broccoli

2 ears of corn

2 sweet peppers, red

2 onions

Prepare the vegetables: divide the broccoli into florets; cut the corn kernels from the ears of corn; skin the sweet peppers and cut into strips; peel and dice the onions. Place the vegetables in the perforated cooking tray and put it into the cold cooking space. Cook.

Steaming 100 °C for 15 Mins

Prepare

1 egg yolk

100 g ricotta

3 tsp sesame seeds, black

100 g Sbrinz cheese, grated

Salt

Pepper

Mix the egg yolk, ricotta, Sbrinz and sesame seeds, season well with salt and pepper and add the cooled vegetables.

(Pre-)heat cooking space to 220 °C with Hot air + steaming

60 g butter

4 sheets of strudel pastry

Melt the butter. Separate the sheets of strudel pastry, brush each sheet with butter and then stack all four sheets on top of each other. Spread over the filling, leaving a 2 cm wide border all around the edge. Roll up the pastry, tuck the ends underneath and place seam-side down on the lined baking tray. Brush the strudel with butter and put into the preheated cooking space. Bake.

Put the food in

Hot air + steaming 220 °C for 15 Mins

Cress sauce

200 g crème fraîche

30 g cress

1 tbsp lemon juice

Salt

Pepper

Mix all the ingredients for the sauce together and season with salt and pepper. Serve with the strudel.

אביזרים

Perforated stainless steel tray

Baking tray

מידע נוסף

הופק ביום	27.07.2020