Mango soufflé with coconut and lime sauce

מתכון מאת V-ZUG Ltd.



Preparation	30 Mins
Cooking time	30 Mins
מנות	6
התקן	Combair-Steam SL from 2015

Preparation

¾ mango

140 g quark

4 egg yolks

½ lime, zest

2 egg whites

40 g sugar

½ tsp baking powder

Peel the mango and chop up the flesh into small pieces. Mix the quark, egg yolks and grated lime zest together. Whisk the egg whites and sugar together until stiff, then fold into the quark mixture with ¾ of the mango pieces. Put the mixture into the dishes. Do not grease the dishes so that the soufflé can rise well.

50 g sugar

200 ml coconut milk

250 ml cream

2 eggs

3 limes, juice and zest

Blend the sugar, coconut milk, cream and eggs well with a blender. Stir in the juice and grated lime zest. Turn the mixture into a porcelain dish and cover with cling film. Put the porcelain dish into the cold cooking space at level 1. Steam.

Steaming 89 °C for 5 Mins

After 5 minutes, put the dishes with the soufflés into the cooking space at level 3 together with the coconut and lime sauce. Continue to steam everything for another 25 minutes. Do not open the steam cooker door for the next 25 minutes while steaming otherwise the soufflés will collapse.

Put the food in

Steaming 89 °C for 25 Mins

Serve the soufflés while still warm, garnish with the remaining pieces of mango and coconut and lime sauce.

אביזרים

Wire shelf

Porcelain dish ⅓ GN, depth 65 mm

Heatproof dishes

מידע נוסף

הופק ביום	11.12.2019