Soup in bread pouches

Recipe by V-ZUG Ltd.



Preparation
Cooking time
Portions 4

Pumpkin soup, makes 8 servings

400 g pumpkin flesh

600 ml vegetable bouillon

40 g butter

1 onion, medium-sized

20 g flour

250 ml coconut milk

1 tbsp tikka masala paste

Salt, pepper, to taste

Peel the pumpkin and cut roughly into cubes. Peel and finely chop the onion. Mix all the ingredients in the porcelain dish or in any microwaveable bowl. Place the porcelain dish on the glass dish in the cold cooking space. Cook.

Hot air + steaming 230 °C for 20 Mins | PowerPlus level 10

Prepare

Finely purée the hot soup and season with salt, pepper and tikka masala paste to taste. Pour the soup into 8 cups or ramekins that are suitable for freezing. Leave to cool and then freeze for at least 24 hours.

Bread dough, makes 4 servings

Prepare the bread dough 1½–2 hours before serving the soup.

600 g dark wheat flour

380 ml water

2 tsp salt

21 g fresh yeast

Mix the flour, crumbled yeast and water and knead for 6 minutes into a smooth dough. Add the salt, then mix for 2 minutes before kneading well for 5 minutes. Place the dough in a bowl, cover with a damp cloth and allow to proof at room temperature until it has doubled in volume.

Filling for bread pouches (x4)

(Pre-)heat cooking space to 210 °C with Hot air + steaming

1 apple

Peel the apple. Cut four thick slices (approx. 4 mm) without pips or a hole. Divide the dough into four equal portions (approx. 250 g). Roll out into a round (diameter 25 cm) on a floured surface.

Place a slice of apple in the middle of the dough. Place the frozen soup on top. Brush the edges of the dough with water. Gently pull the dough up around the frozen soup. Scrunch the edges together. Tie the bread pouch with cooking twine.

Place the four bread pouches in the lined glass dish. Put the glass dish into the preheated cooking space. Bake.

Put the pastry in

Hot air + steaming 210 °C for 10 Mins

Hot air + steaming 180 °C for 12 Mins | PowerPlus level 7

Hot air 180 °C for 8 Mins

pumpkin seed oil

pumpkin seeds, to taste

Remove the soup pouches from the cooking space and then leave to stand for 10 minutes. Cut off the tops before serving, garnish with pumpkin seed oil and pumpkin seeds.

Tips

For 8 servings double the quantity of bread dough. Four bread pouches can be filled and baked together.

The bread pouch recipe serves four, meaning that four bread pouches can be filled and baked together. The pumpkin soup recipe serves eight – the other four servings can be stored for use later to fill another four bread pouches.

Accessories

Hardened glass dish

Porcelain dish ½ GN

8 round ramekins (ø6–7 cm) with approx. 150 ml volume, suitable for freezing

Cooking twine

Additional information

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