Soup in bread pouches

Рецепт від V-ZUG AT



готування	50 хв
Пауза	1 День
Час готування	50 хв
Порції	4
Прилад	Combi-Steam MSLQ

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.

Гаряче повітря + зволожуюча пара 230 °C протягом 20 хв | PowerPlus level 10

Готувати

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)

Розігріти робочу камеру до 210 °C Гаряче повітря + зволожуюча пара

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.

Засунути страву для випікання

Гаряче повітря + зволожуюча пара 210 °C протягом 10 хв

Гаряче повітря + зволожуюча пара 180 °C протягом 12 хв | PowerPlus level 7

Гаряче повітря 180 °C протягом 8 хв

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.

Поради

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.

Аксесуари

Hardened glass dish

Porcelain dish ½ GN

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

Cooking twine

Додаткова інформація

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