



Vegetable strudel with a cress sauce

Рецепт від V-ZUG AT



готування	40 хв
Час	30 хв
готування	
Порції	4
Прилад	Combair-Steam SL з 2015 року

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.

Готування на парі 100 °C протягом 15 хв

Готувати

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.

Розігріти робочу камеру до 220 °C Гаряче повітря + зволожуюча пара

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.

Заснути страву для готування





Гаряче повітря + зволожуюча пара 220 °C протягом 15 хв

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.

Акcesуари

Perforated stainless steel tray

Baking tray

Додаткова інформація

Складено

27.07.2020

