

Crystal bread

Cuisine: **German**
Food category: **Pastry**



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Program steps

Preheating: 180 °C

1	 Hot air	 100 %	 Termination by time	 00:10 hh:mm	 160 °C	 50 %	
2	 Pause			 180 s			
3	 Hot air	 0 %	 Termination by time	 00:06 hh:mm	 160 °C	 50 %	
4	 Pause			 180 s			
5	 Hot air	 0 %	 Termination by time	 00:06 hh:mm	 160 °C	 50 %	
6	 Pause			 180 s			
7	 Hot air	 0 %	 Termination by time	 00:06 hh:mm	 160 °C	 50 %	
8	 Pause			 180 s			
9	 Hot air	 0 %	 Termination by time	 00:06 hh:mm	 160 °C	 50 %	
10	 Pause			 180 s			
11	 Hot air	 0 %	 Termination by time	 00:15 hh:mm	 160 °C	 50 %	
12	 Pause			 180 s			
13	 Hot air	 0 %	 Termination by time	 00:10 hh:mm	 160 °C	 50 %	

Ingredients - number of portions - 10		
Name	Value	Unit
kudzu	20	g
potato starch	20	g
water	650	ml

Nutrition and allergens

Directions

Mix the starches well in the cold water, then bring to the boil and simmer for about 3 minutes. Pour the boiling liquid into silicone molds. The baking program is suitable for approx. 30g of dough per mold. The molds may only be filled halfway as the volume increases during the baking process.

After baking and just before serving, brush with a little

Allergens: Minerals: Vitamins:	
Nutritional value of one portion	Value
Energy	13.7 kJ
Carbohydrate	3.3 g
Fat	0 g
Protein	0 g
Water	0 g

neutral oil to give the crystalline look a special shine.

The Crystal Bread is a special eye-catcher and can be topped and garnished in a variety of ways like a canapé.