

# Potatoes boiled in their skins

Cuisine: Czech

Food category: Side dishes



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## Program steps

Preheating: 99 °C

|   |          |                                       |       |       |      |  |
|---|----------|---------------------------------------|-------|-------|------|--|
| 1 | Steaming | Termination by core probe temperature | 93 °C | 99 °C | 50 % |  |
|---|----------|---------------------------------------|-------|-------|------|--|

## Ingredients - number of portions - 10

| Name     | Value | Unit |
|----------|-------|------|
| potatoes | 2100  | g    |

## Nutrition and allergens

Allergens:

Minerals: Ca, Cu, Fe, I, K, Mg, Mn, P, Zn

Vitamins: B, C

| Nutritional value of one portion | Value    |
|----------------------------------|----------|
| Energy                           | 184.8 kJ |
| Carbohydrate                     | 39.9 g   |
| Fat                              | 0.4 g    |
| Protein                          | 4.2 g    |
| Water                            | 0 g      |

## Directions

Pour the well-washed potatoes into a perforated GN and cook on the indicated program.

Insert the temperature probe into the largest potato.

After cooking, the potatoes can be cooled with a shower.

## Recommended accessories



GN container Stainless steel perforated