

# Glowing light bulbs

Cuisine: **German**  
Food category: **Desserts**




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## Program steps


1


 Steaming

 Termination by time

 01:20 hh:mm

 85 °C

 50 %



Ingredients - number of portions - 4		
Name	Value	Unit
pears peeled	4	pcs
water	300	ml
white wine semi-dry	300	ml
brown sugar	200	g
vitamin b2	6	g
cinnamon stick	1	pcs
cardamom pods	2	pcs
star anise	1	pcs

Nutrition and allergens	
Allergens:	
Minerals:	
Vitamins:	
Nutritional value of one portion	Value
Energy	194 kJ
Carbohydrate	48 g
Fat	0 g
Protein	0 g
Water	0 g

## Directions

Vitamin B2, also called riboflavin, plays a central role in growth and development. However, it also serves its purpose as a coloring agent in the food industry. It glows faintly under UV light. The vitamin is very sensitive to light, which is why foods rich in vitamin B2 should be stored away from light.

Place all ingredients in a vacuum bag and vacuum seal. Let it steep overnight.

Then place in the combi steamer and cook: steam mode 85°C, 1 hour 20 minutes, 50% fan speed. Arrange the prepared pears on the glass tray, which is illuminated from below with a black light, and serve. TIP: Soak the pear trunk with straw rum and light it - this will achieve a great effect!