

French Fries Old English Style

Cuisine: English

Food category: Poultry



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Program steps

1	Baked Beans	Combination	50 %	Termination by time	00:15	hh:mm	145 °C	+ 80 %	X
2	wenden	Combination	50 %	Termination by time	00:15	hh:mm	145 °C	+ 80 %	X
3	wenden	Combination	50 %	Termination by time	00:15	hh:mm	145 °C	+ 100 %	X
4	Grillgemüse - Champignons und Tomatenscheiben auf eine beschichtete Grillplatte geben	Combination	25 %	Termination by time	00:01	hh:mm	210 °C	+ 90 %	X
5	Grillgemüse - Tomatenscheiben aus dem Kombidämpfer nehmen	Combination	25 %	Termination by time	00:01	hh:mm	210 °C	+ 90 %	X
6	Original english Sausage	Hot air	0 %	Termination by time	00:07	hh:mm	195 °C	+ 80 %	X
7	French Fries - Tiefkühlware	Hot air	0 %	Termination by time	00:01	hh:mm	250 °C	+ 100 %	X
8		Hot air	0 %	Termination by time	00:19	hh:mm	220 °C	+ 100 %	X
9	French Fries - Frischware	Hot air	0 %	Termination by time	00:01	hh:mm	230 °C	+ 100 %	X
10		Hot air	0 %	Termination by time	00:12	hh:mm	190 °C	+ 100 %	X

Ingredients - number of portions - 4

Name	Value	Unit
dried white beans	250	g
canned tomatoes in pieces	300	g
tomato puree	500	g
yacon syrup	25	g
brown sugar	40	g
hot mustard (tbsp)	0.5	pcs
shallot	100	g
clove	1	pcs
bay leaf	2	pcs
bacon flavor, powdered	3	g
ground white pepper	2	g
sea-salt	9	g

Directions

Soak the white beans in water overnight. The next day, strain the beans and wash them thoroughly. Then let the white beans simmer gently in salted water for 30 minutes. Then drain. Now put all the ingredients in a coated GN container and bake in the combi steamer as follows:

Combination steam 145°C, 50% humidity, 80% fan speed, 45 minutes, stirring once every 15 minutes. After baking, remove the bay leaves and cloves.

Mushrooms, bacon strips and tomatoes: Preheat the combi steamer with a coated non-perforated baking plate, then grill the tomato slices for 1 minute, the mushrooms and bacon strips for 2 minutes in combination steam mode at 210°C, 25% humidity, 90% fan speed.

Tip: Use the insert timer.

Vacuum pack the country chicken breast, grill spices, olive oil, lime, fresh garlic together and cook sousvide at 85°C in steam mode for approx. 40 minutes, depending on the thickness of the country

cayenne pepper	1	g
french fries	800	g
tomato	250	g
mushrooms	300	g
bacon strips	200	g
chicken breast	4	pcs
grill seasoning as desired	45	g
olive oil	50	ml
lemon	2	pcs
garlic	4	g
sausage	12	pcs
rocket leaves	125	g

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	1148.6 kJ
Carbohydrate	153.5 g
Fat	34.4 g
Protein	41.9 g
Water	0 g

chicken breasts. Remove from the bag and collect the stock for further processing. Now pat the breasts dry a little, brush with a little oil and grill on a preheated grill plate in the combi steamer for 4 minutes at 225°C combi steam with a humidity of 25% and a fan speed of 70%.

Small sausages, or real English breakfast sausages: Preheat the combi steamer with a coated grill plate, then grill the small sausages. 195°C in hot air mode with the steam flap open, 80% fan speed for 6-8 minutes depending on the desired browning. For underground we use fresh junger rucola.

French fries / 1st program for frozen goods:

Let the combi steamer preheat, then 1 minute at 250°C dry heat with the steam flap open, then depending on the thickness of the French fries, 17-21 minutes at 220°C dry heat with the steam flap open.

French fries / 2nd program for fresh produce:

Let the combi steamer preheat, then 1 minute at 230°C dry heat with the steam flap open, then depending on the thickness of the French fries, 12-15 minutes at 190°C dry heat with the steam flap open.

Season the fries with your own salt recipe and serve.

Tip: Use a frying basket equipped with a multiple Lotan® coating.