

Braised asparagus in its own juice

Cuisine: **German**
Food category: **Vegetables**



Author: [Retigo Team Deutschland](#)
Company: [RETIGO Deutschland GmbH](#)



Program steps

1

 Combination

 40 %

 Termination by time

 00:20 hh:mm

 120 °C

 100 %



Ingredients - number of portions - 2		
Name	Value	Unit
green asparagus	0.5	kg
white asparagus	0.3	kg
butter soft	50	g
vanilla bean	0.5	pcs
sea-salt	10	g
caster sugar	10	g

Nutrition and allergens	
Allergens: 7 Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn Vitamins: A, B, C, D, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	310.3 kJ
Carbohydrate	16.1 g
Fat	22.6 g
Protein	10.7 g
Water	0 g

Directions

Peel the asparagus and cut off the woody ends. Put the asparagus in parchment paper and put the butter on top. Season with vanilla, sugar and salt. Now wrap everything into a package and seal it with aluminum foil. Braise the asparagus for about 20 minutes at 120°C combined steam and 40% moisture to the desired bite.

Advantage: The asparagus stews in its own juice and is therefore cooked more intensively than in water.

Recommended accessories

