

VEGETARIAN BELL PEPPER ROULADE with potato dumplings and parsley sauce

Preparation for 10 portions

Bell pepper roulade:

Clean the bell peppers and the onions and cut into rough cubes. Sauté together lightly in a saucepan with a little oil then top up with vegetable stock. Allow to boil for 10 minutes, puree and strain if required. Season to taste and add the GELEAhot. Bring to the boil again for one minute, spread the mass in a thin layer on a silicone baking mat then refrigerate for approx. 30 minutes at +6°C.

Cream cheese filling:

Bring the cream cheese and cream to the boil in a saucepan, season to taste and add the GELEAhot. Bring to the boil again for one minute and allow the mass to cool down a little. Spread the cream cheese filling in a thin layer on the bell pepper mass once it has cooled down and roll it to form a roulade. Refrigerate the bell pepper roulade for approx. 30 minutes at +6°C then cut into portions.

Potato dumplings:

Blend the potatoes, milk, butter and seasonings to a very fine puree for 5 minutes. Add the GELEAhot and bring to the boil once while stirring. Use 2 spoons to form the mass into dumplings on a baking tray then refrigerate for approx. 30 minutes at +6°C.

Parsley sauce:

Bring the Bechamel sauce and cream to the boil and season to taste with parsley.

Heating/serving:

Once the food has cooled down, place it on a plate, cover and heat at 80°C in a steam oven for approx. 12-15 minutes then serve with the Bechamel sauce.

Kitchen tips:

The finer the puree, the better the result! We recommend Robot-Coupe's Robot Cook and a pureeing time of 5 minutes.



Ingredients Bell pepper roulade

550 g	Red bell peppers
50 g	Onions
400 ml	Vegetable stock
30 ml	Rapeseed oil
	Salt, paprika
40 g	GELEAhot

Ingredients Cream cheese filling

250 g	Cream cheese
250 ml	Cream (30% fat)
	Salt, pepper
20 g	GELEAhot

Ingredients Potato dumplings

600 g	Boiled potatoes
250 ml	Milk (cold)
150 ml	Melted butter
40 g	GELEAhot
	Salt, nutmeg

Ingredients Parsley sauce

250 ml	Bechamel sauce
250 ml	Cream (30% fat)
5 g	Parsley (chopped)

Nutrition facts per 100 g

Energy/ Calories	659 kJ/ 158 kcal
Fat Of which saturates	13,8 g 7,99 g
Carbohydrates Of which sugars	6,1 g 2,1 g
Fibre	2,4 g
Protein	2,6 g
Salt	0,2 g