

ASPARAGUS

with ham, mashed potatoes
and hollandaise sauce

Preparation for 10 portions

Asparagus:

Cut the asparagus into small pieces and cook until soft. Blend the asparagus and the asparagus/vegetable stock to a very fine puree. Season to taste with salt and sugar. Stir in the GELEAhot for approx. 20 seconds then bring the mass to the boil for one minute. Spoon the hot mass into a suitable silicone mould, use the lid to spread it evenly in the mould then refrigerate for approx. 30 minutes at +6°C.

Ham:

Blend the cold ham with the stock together with the other ingredients to a very fine puree. Stir in the GELEAhot for approx. 20 seconds then bring the mass to the boil for one minute. Spread the hot mass in a layer about 1.5 cm high in a rectangular baking tray lined with cling film then cut into evenly sized cubes once it has cooled down.

Mashed potatoes:

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 continuously. Use 2 spoons to form the hot mass into dumplings, place on a baking tray then refrigerate for approx. 30 minutes at +6°C.

Hollandaise sauce:

Make the hollandaise sauce according to the instructions.

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. To serve, pour the hollandaise sauce over the asparagus.

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

500 g	Asparagus
500 g	Asparagus/vegetable stock
40 g	Salt, sugar
	GELEAhot

Ingredients

600 g	Ham
400 g	Beef stock
40 g	GELEAhot

Ingredients

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

Nutrition facts per 100 g

Energy/ Calories	373 kJ/ 89 kcal
Fat Of which saturates	5,31 g 3,2g
Carbohydrates Of which sugars	4,8 g 1,3 g
Fibre	2,6 g
Protein	5,5 g
Salt	0,7 g

