

SCRAMBLED EGGS

on bread with mushrooms

Ingredients	Scrambled eggs
650 g	Scrambled eggs (seasoned)
200 ml	Full milk
150 ml	Rapeseed oil
40 g	GELEAcold

Ingredients	SmoothBrot
300 g	Rye bread (dry slices)
700 ml	Water
200 g	SmoothBrot powder

Ingredients	Mushrooms
900 g	Tinned mushrooms (drained)
100 ml	Mushroom stock
40 g	GELEAcold
	Salt, pepper

Heating/serving:

Place the frozen food on a plate, cover and heat at 100°C in a steam oven for 12-15 minutes. To serve, cut the bread into slices, spread with soft butter and garnish with hot scrambled eggs and mushrooms.

Nutrition facts for one serving (approx. 185 g)

Energy/Calories	1189 kJ/ 284 kcal
Fat	19.2 g
Of which saturates	4.4 g
Carbohydrates	12.9 g
Of which sugars	2.6 g
Fibre	4.6 g
Protein	12.9 g
Salt	1.4 g

Scrambled eggs:

Blend the scrambled eggs, seasonings, milk and oil to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. Use a piping bag with a round nozzle to pipe the mass in decorative shapes onto a lined GN baking tray then freeze.

SmoothBrot:

Soak dry bread in water for approx. 1 hour then puree for approx. 20 seconds. Stir in the bread mix with an egg whisk, transfer to a lined loaf tin and cover with cling film. Bake the bread at 115°C for 90 minutes in a steam oven and leave to cool.

Mushrooms:

Blend the mushrooms, stock and seasonings to a very fine puree for 5 minutes then add the GELEAcold and stir in for 20 seconds. Pipe into a semicircular silicone mould using a disposable piping bag, cover and freeze.

Alternatively: Use a disposable piping bag with a mushroom-shaped nozzle to pipe the mass onto a lined GN baking tray then freeze.

Kitchen tips:

The finer the puree, the better the result! We recommend the Robot-Coupe Blixer and a pureeing time of 5 minutes. Cover and heat in the microwave for max. 5 minutes at medium heat (400W). Test heating behaviour beforehand!



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