

## BASIC RECIPE FOR HOT LUNCH FOAM using the example of goulash

### Preparation:

Blend all the ingredients to a very fine puree, season to taste and strain through a sieve. Stir in the SPUMA instant, pour the mixture into a 0.5 l cream whipper then foam up with 1-2 chargers and leave to stand for 5-10 minutes. Shake well. Keep hot in a bain-marie until serving.

### Recommendation:

The recipe is especially suitable for whipping in a food processor with a whisk when larger quantities are needed. Simply whip the mixture for approx. 15 minutes then portion into dessert glasses.

### Variations:

Substitute the goulash with another main dish, e.g. Bolognese, roast meat, stew, fish, etc.

### Ingredients      Basic Recipe

150 g	Goulash meat (cooked)
300 ml	Vegetable stock
150 ml	Cream, 30%
	Salt, pepper
8 g*	SPUMA instant

\* 1 measuring spoon = 4 g



Serviervorschlag

Nutrition facts per 100 g	
Energy/ Calories	408 kJ/ 99 kcal
Fat Of which saturates	9.2 g 5.5 g
Carbohydrates Of which sugars	1.6 g 1.0 g
Fibre	0.9 g
Protein	2.5 g
Salt	0.7 g