Recipe

Corn soup – salmon – rice pudding.
A pleasant change from the hospital routine.

Ingredients

for around 20 persons

Starter: Roasted corn soup
1 kg corn kernels, frozen
2 l milk
1 l cream
100 g butter or neutral vegetable oil Salt to taste

Instructions

Starter: Fried corn soup
A very easy to make soup with a lot of flavour.

1. Set the VarioCookingCenter® to soup, short.
   Place the butter/oil in the pan and fry the corn kernels until they colour slightly and you there is distinct smell of roasted corn or popcorn.

2. Add the milk and cream let the soup simmer slightly.

3. Puree the soup with a hand blender or mixer and then pass through a sieve. Season with salt.

The menu (consisting of soup, main course and dessert) contains around: 879 kcal

> 38 g protein
> 62 g carbohydrates
> 51 g fat
> 7 g fibre
> 1 g salt

The price per portion is approx.: £3.57
Recipe

Corn soup – salmon – rice pudding.
A pleasant change from the hospital routine.

Ingredients for around 10 persons

Main dish: Salmon fillet, stuffed with spinach and feta
- 10 × Salmon fillet in 120 g portions
- 150 g feta (alternatively cream cheese)
- 200 g leaf spinach, frozen
- 1 bunch of parsley, chopped
- 300 g rice
- 1 kg mixed vegetables
- A little nutmeg
- Salt and pepper to taste

Dessert: Rice pudding
- 750 g pudding rice
- 2 l coconut milk
- 1 l almond milk
- 100 g sugar
- 1 vanilla pod, pulp
- 200 g coconut flakes
- pinch of salt
- Mango fresh, or frozen; alternatively mango puree

Main dish: Salmon fillet, stuffed with spinach and feta
All or some of the feta can be replaced with cream cheese, giving a milder flavour.

1. Slice about 2/3 into the salmon from the top middle, and make pockets on the sides.
2. For the filling, mix the thawed and well pressed leaf spinach with the cheese and season with nutmeg, salt and pepper. Also salt the salmon.
3. Stuff the salmon fillet and place on a roasting and baking tray. Set the SelfCookingCenter® to fry fish thick, browning level 3 of 5, 62°.

The leaf spinach can also be replaced with rocket.

Dessert: Rice pudding
1. Place coconut milk, almond milk and scraped out vanilla pod with the pulp in the pan in the VarioCookingCenter®. Select the rice pudding process, confirm the addition of almond milk/coconut milk and place the core temperature probe in the liquid.
2. After being requested, stir in the pudding rice and sugar; close the lid.
3. Puree the mango and press through the sieve.
4. At the end of cooking, fill the rice pudding in portions. Lightly roast coconut flakes for the garnish.
5. Place the mango puree on the rice pudding portions and sprinkle with coconut flakes.