

Chef to Chef

## High-speed – the regeneration miracle

### Bohemian dumplings regenerated with High-speed

We often see dumplings in communal food service in Germany. Because they are frequently delivered as a frozen convenience product, the heating time in the combi steamer (steam mode) is too long, which does not improve quality.

Thankfully ELRO High-speed offers a solution that is perfectly suited for regeneration. The short heating time maintains the structure and taste of the product. High-speed makes it possible to regenerate food at any time, on demand and with the desired freshness and high quality.

#### Bohemian dumplings

- 500 gr. Flour, sifted
- 1 Packet of baking powder
- 1 Pinch of salt
- 1 Egg
- ¼ ltr. Water or milk, carbonated mineral water also works well
- 1 stale bread roll cut into cubes

Mix all the ingredients. Make sure the dough is not too firm or sticky. It should come out of the mixing bowl easily.

Form 2 loaves and cook in salt water for 20 – 25 minutes using an ELRO Flexi-pan or pressure bratt pan. Water should boil at first. After a while the temperature can be reduced.

This product can be made ahead of time and refrigerated.

Cut into slices before cooking and place in a GN perforated basket. Regenerate with High-speed.

Serve with sautéed onions or chopped parsley.

This is also the perfect accompaniment to hearty dishes with lots of sauce such as goulash, stew, marinated pot roast or pork roast.

I wish you successful cooking.

Cordially,

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