



Whole wheat toast with pumpkin and beef brisket

Ingredients

- 2pc Slices Whole wheat toast (2 cm high)
- 70g Stewed beef brisket
- 12g Sliced pumpkin
- 20g Pumpkin puree
- 10g Sweet bean paste
- 12g Rocket (and/or mixed lettuce)

Cooking cycle – 3 phase, flex model

| | Top temp | Bottom t. | Tot time | Microwave | Bef/after | Flex | Food temp |
|------------|----------|-----------|----------|-----------|-----------|------|-----------|
| SpeedLight | 249°C | 230°C | 0.50 min | 15 | Before | On | +3°C |



Chef Tips

The Stewed beef brisket can be purchased already pre-cooked, sliced in 1.5cm thick.

Sweet bean paste is available in supermarkets.

The sauce consists in 1 part pumpkin puree, ½ part sweet bean paste and 1 part butter mixed together to a fine paste.

Chinese specialty