



Taste & Technology

## Pumpkin Steaks SV

**Recipe number:**

04.10.044

**Starting material:**

1000 g Calabash bottle gourd

**Seasonings & additives:**

60 g Lafiness Chakalaka SG

187750

**Processing procedure:**

Cut the gourd into slices/steaks and marinate in the marinade.  
Place in the shrink bag, vacuum seal and cook.

Art. No.: 990551 shrink bag 250x450

**Preparation:**

Cook in a water bath at +83°C for 25 minutes.

Remove the cooked pumpkin steaks from the bag.

**EU Food Information Regulation:**

Pumpkin, rapeseed oil, table salt, seasoning, sugar, tomato puree, natural flavouring, palm fat, carrots, white cabbage, yeast extract

**Analysis:**

|                       |         |
|-----------------------|---------|
| Calorific value KJ    | 215 KJ  |
| Calorific value Kcal  | 52 Kcal |
| Fat                   | 3.5 g   |
| Saturated fatty acids | 0.4 g   |
| Carbohydrates         | 3.4 g   |
| Sugar                 | 0.7 g   |
| Protein               | 0.5 g   |
| Sodium                | 0.3 g   |
| Salt                  | 0.8 g   |