

Pork and century egg congee

Cuisine: **Chinese**

Food category: **Fish**



Author: **Jaroslav Mikoška**

Company: **Retigo**



Program steps

Preheating: **99 °C**

1 Steaming Termination by time 00:20 hh:mm 99 °C 50 %

Ingredients - number of portions - 8

Name	Value	Unit
vegetable broth	3	l
basmati rice	400	g
mild soy sauce	20	ml
5 tbsp vegetable oil	10	ml
rice wine	15	ml
boneless pork loin	300	g
preserved duck eggs	4	pcs
cabbage leaves, cleaned	1	pcs

Directions

1. Rinse the rice and soak for 1 hour in cold water and drain.
2. Marinate the pork in the rice wine and soy sauce.
3. Set the oven on full steam at 100°C.
4. Place the rice in a GN container and add the stock and the pork.
5. Cook for 20 minutes and season.
6. Peel off the preserved egg and quarter.
7. Serve, garnishing with duck egg.

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn

Vitamins: A, B, C, D, E, K

Nutritional value of one portion	Value
Energy	278.4 kJ
Carbohydrate	37.9 g
Fat	9.5 g
Protein	9.4 g
Water	0 g

Recommended accessories



GN container Stainless steel full