

Prawn stew

Cuisine: Other

Food category: Fish



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Company: Retigo



Program steps

Preheating: 100 °C

1	Steaming	Termination by time	00:15 hh:mm	100 °C	80 %	
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Ingredients - number of portions - 8

Name	Value	Unit
shrimps, peeled and cleaned	1.2	kg
extra virgin olive oil	40	ml
red onion	1	pcs
garlic cloves, finely chopped	1	pcs
tomato puree	20	g
chili powder	1	g
frozen peas	300	g
basmati rice	150	g
baby corn	300	g
idaho russet potato	500	g
salt	3	g
soft cream cheese	200	g
oregano leaves	1	g
quail eggs	8	pcs

Nutrition and allergens

Allergens: 7

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

Vitamins: A, B, C, E, Kyselina listová

Directions

1. In a pot, cover the prawn heads in 1.3l of water, or enough to cover. Bring to a simmer for 15 minutes. Purée and strain. Reserve 1l of the stock.
2. In a skillet, soften the finely chopped small red onion and garlic in evoo and stir in the chili and tomato paste.
3. Set the oven on steam at 100°C.
4. In an ovenproof dish, combine the onion sofrito with the shrimp stock, add in the peas, rice and corn chunks.
5. Steam for 15 minutes.
6. Add the potatoes and salt. Keep going until the rice is cooked and the potatoes tender.
7. While the dish is still piping hot, stir in the raw shrimp and allow it to cook with the soup's latent heat.
8. Add in the eggs and stir delicately so that they don't break.
9. Finish by stirring in the cheese and oregano leaves.
10. If the eggs or shrimp remain uncooked, give it a couple more minutes of heat in the oven until you're happy with the result.

Nutritional value of one portion

	Value
Energy	379 kJ
Carbohydrate	35.5 g
Fat	8.7 g
Protein	35.1 g
Water	0 g

Recommended accessories



GN container Stainless steel full