

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

%



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

Directions

- 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.
- In a skillet, soften the finely chopped small red onion and garlic in evoo and stir in the chili and tomato paste.
- Set the oven on steam at 100°C.
- In an ovenproof dish, combine the onion sofritto with the shrimp stock, add in the peas, rice and corn chunks.
- Steam for 15 minutes.
- Add the potatoes and salt. Keep going until the rice is cooked and the potatoes tender.
- While the dish is still piping hot, stir in the raw shrimp and allow it to cook with the soup's latent heat.
- Add in the eggs and stir delicately so that they don't break.
- Finish by stirring in the cheese and oregano leaves.
- 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.

Nutrition and allergens

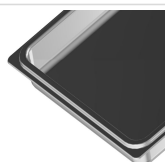
Allergens: 7

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

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

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