

Chicken and prawn custard

Cuisine: **Japanese**
Food category: **Fish**



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Company: **Retigo**




Program steps

Preheating: 99 °C

1

 Hot air


 100 %

 Termination by time

 00:30 hh:mm

 180 °C

 100 %



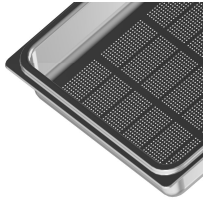
| Ingredients - number of portions - 8 | | |
|--------------------------------------|-------|------|
| Name | Value | Unit |
| chicken eggs | 6 | pcs |
| parsley | 2 | l |
| salt | 0.01 | g |
| soy dipping sauce | 30 | ml |
| mirin | 10 | ml |
| parsley | 16 | pcs |
| parsley | 2 | pcs |
| parsley | 4 | pcs |
| parsley | 1 | pcs |

| Nutrition and allergens | |
|--|-------|
| Allergens: 3 Minerals: Ca, CA, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn Vitamins: A, B, C, D, E, K, Kyselina listová | |
| Nutritional value of one portion | Value |
| Energy | 0 kJ |
| Carbohydrate | 0 g |
| Fat | 0 g |
| Protein | 0 g |
| Water | 0 g |

Directions

1. In separate bowls, season the chicken and shrimp and marinate in half the soy sauce and all of the sake for 20 minutes.
2. In a large bowl, lightly beat the eggs and stir in the mirin, the remaining soy sauce and dashi and season. Strain through a fine sieve.
3. Portion the chicken and shrimp into eight ovenproof ramekins and cover with the egg mixtureup until $\frac{3}{4}$ of the container.
4. Set the oven on steam at 85°C.
5. Seal the ramekins with foil and steam for 15 minutes.
6. Sprinkle the green onion over each of the portions, cover again with foil and allow to rest for another 3 minutes.
7. Serve.

Recommended accessories



GN container Stainless
steel perforated