

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

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 mixture up 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.

Nutrition and allergens

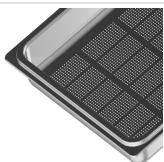
Allergens: 3

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

Recommended accessories



GN container Stainless steel perforated