Retigo Combionline | Cookbook | Fish 13. 12. 2022

# Chicken and prawn custard

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



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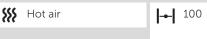


## Program steps

Preheating:

99°C

1 \$\$\$





**②** 00:30 hh:mm

**∂**≎ 180

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 <sup>3</sup>/<sub>4</sub> 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

