

# 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