

Vegan fried "scallop" with wakame salad

Cuisine: Japanese

Food category: Vegan dishes



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Program steps

1 Sous-vidé Garen

Steaming Termination by time 00:25 hh:mm 85 °C + 50 %

2 Grillen

Combination 20 % Termination by time 00:04 hh:mm 220 °C + 80 %

Ingredients - number of portions - 10

Name	Value	Unit
King Oyster Mushroom	800	g
vegetable broth	500	ml
dry white wine	120	ml
nori algae	20	g
miso paste	20	g
alba oil	75	ml

Name	Value	Unit
wakame	80	g
sea spaghetti	40	g
rice vinegar	90	ml
sesame oil	100	ml
lime juice	30	ml
ginger root, peeled and finely chopped	15	g
garlic cloves, finely chopped	2	pcs
brown sugar	30	g
fresh chilli	5	g
roasted sesame seeds	20	g
Coriander leaves, finely chopped	20	g
baby romaine lettuce	50	g

Name	Value	Unit
zucchini	300	g

Nutrition and allergens

Allergens:

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

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

Directions

1. Cut the stems of the king oyster mushroom into 2 cm thick medallions and make crosswise cuts at the top. Mix everything well except the mushrooms, then vacuum seal with the mushroom medallions and leave to marinate overnight. The next day cook sous-vidé at 85°C in steam mode for 25 minutes. Remove from the bag and drain well. 2. Marinate the medallions with the oil and grill in the combi steamer on a coated grill plate with a BBQ pattern for 3-4 minutes at 220°C combi steam with a humidity of 20% and a fan speed of 80%. Wakame salad is suitable as a side dish here. 3. Wakame salad: Mix all the ingredients together and season to taste.

Nutritional value of one portion	Value
Energy	83.1 kJ
Carbohydrate	9.3 g
Fat	1.5 g
Protein	5.2 g
Water	0 g

Recommended accessories

