

Scallop and shrimp shumai dumplings

Cuisine: **Chinese**
Food category: **Fish**




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Company: **Retigo**





Program steps


Preheating: 99 °C


1


 Steaming

 Termination by time

 00:05 hh:mm

 90 °C

 80 %



Ingredients - number of portions - 8

Name	Value	Unit
scallop	250	g
shrimps, peeled and cleaned	250	g
cabbage leaf, cleaned	12	pcs
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Coriander leaves, finely chopped	20	pcs
soy dipping sauce	15	ml
garlic cloves, finely chopped	3	pcs
rice vinegar	10	ml
cornstarch	5	g
ginger root, peeled and finely chopped	1	pcs
sesame oil	15	ml
caster sugar	5	g
freshly ground black pepper, ground	2	g
egg whites	1	pcs
wonton wrappers	60	pcs
soy dipping sauce	1	g
parsley	4	pcs

Directions

1. Blend the peeled and cleaned shrimp and scallops and transfer into a bowl with the cabbage strips, scallions, coriander, soy sauce, garlic rice vinegar, corn starch, ginger, sesame oil, sugar, pepper and egg white.
2. Dust more corn starch on a dish or tray.
3. Stuff each of your wrappers, cut in 8cm rounds with a spoon of shrimp filling, brushing the borders with a bit of water.
4. Fold the wrapper up around the filling and crimp to make the shape of a pouch and place in the dish.
5. Set the oven on steam at 90°C.
6. Line a perforated ovenproof dish with cabbage leaves and the dumplings on top of them
7. Steam for 5 minutes.
8. Serve with dipping sauce.

Nutrition and allergens

Allergens:
Minerals: Ca, CA, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, B6, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	51.9 kJ
Carbohydrate	1.9 g
Fat	0.3 g
Protein	9.7 g
Water	0 g

Recommended accessories



GN container Stainless
steel perforated