

# Sauteed Celery and Pepper Sprigs

Cuisine: Chinese

Food category: Vegetables



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## Program steps

Preheating: 265 °C

1	Combination	30 %	Termination by time	03:00 mm:ss	250 °C	+ 90 %	
2	Combination	30 %	Termination by time	04:00 mm:ss	250 °C	+ 90 %	

## Ingredients - number of portions - 10

Name	Value	Unit
calamari	300	g
mixed peppers	50	g
celery sticks	50	g

## Nutrition and allergens

Allergens: 9

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

Vitamins: A, B, C, E, K

Nutritional value of one portion	Value
Energy	65.2 kJ
Carbohydrate	6.2 g
Fat	3.3 g
Protein	2.2 g
Water	0 g

## Directions

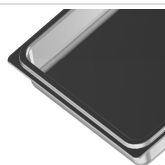
The first stage

- ◇ Mix the flower branches evenly with cooking oil (accelerate the heat conduction speed and bake the color effect)
- ◇ The first stage roasted flower branches, the time is shorter than the second stage, to avoid overcooked seafood and excessive weight loss

second stage

- ◇ Add celery and colored peppers to the pot, add garlic oil, salt, pepper, and other seasoning spices and mix well
- ◇ Then put it into the steam oven to continue cooking, the flower branches are roasted, the celery and bell pepper are roasted and colored
- ◇ Seasoning spices must be mixed with ingredients and baked together
- ◇ Use high temperature to roast the seasoning to produce aroma and condense with the ingredients

## Recommended accessories



GN container Stainless steel full



Enameled GN container