

Shrimp Balls and Vegetables

Cuisine: Chinese

Food category: Fish



Author: Gary CHIU

Company: Retigo Asia



Program steps

Preheating: 99 °C

1	Steaming	Termination by time	05:00 mm:ss	99 °C	90 %	
2	Combination	30 %	Termination by time	04:00 mm:ss	250 °C	90 %

Ingredients - number of portions - 10

Name	Value	Unit
shrimp balls	200	g
cauliflower	50	g
peas	50	g
mixed peppercorns	50	g
mushrooms	50	g

Nutrition and allergens

Allergens:

Minerals:

Vitamins:

Nutritional value of one portion	Value
Energy	70.2 kJ
Carbohydrate	6.5 g
Fat	2.7 g
Protein	3.9 g
Water	0 g

Recommended accessories



GN container Stainless steel full



Enamelled GN container

Directions

The first stage

- ◇ First steam the cauliflower, sweet pea and fungus
- ◇ Cauliflower, sweet pea, and fungus are vegetables with low water content. They are steamed and then roasted, and then roasted at high temperature for better taste

second stage

- ◇ Add cauliflower, sweet pea, fungus, bell pepper, and shrimp balls into the pot, season and mix well
- ◇ Then put it into the steam oven and continue to steam and bake until it is cooked and roasted to produce aroma and color
- ◇ 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