


# Shrimp Balls and Vegetables

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
















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## 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


## 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

## Recommended accessories



GN container Stainless steel full



Enameled GN container