


Boiled shrimp

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




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Program steps


Preheating: 99 °C


1


 Steaming

 Termination by time

 04:00 mm:ss

 99 °C

 50 %



| Ingredients - number of portions - 1 | | |
|--------------------------------------|-------|------|
| Name | Value | Unit |
| shrimps, peeled and cleaned | 1 | kg |

| seasoning recipe | | |
|------------------|-------|------|
| Name | Value | Unit |
| rice wine | 20 | ml |
| mild soy sauce | 20 | ml |
| minced garlic | 10 | g |

| Nutrition and allergens | |
|--------------------------------------|----------|
| Allergens: Minerals: Vitamins: | |
| Nutritional value of one portion | Value |
| Energy | 790.5 kJ |
| Carbohydrate | 11.5 g |
| Fat | 10.1 g |
| Protein | 160.8 g |
| Water | 0 g |

Directions

◇ Wash the white shrimp to remove the intestinal mud, grab a little rice wine and remove the fishy smell

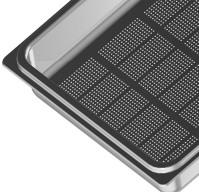
◇ Put it in a preheated oven, use a stainless steel perforated baking tray, and steam for 4 minutes

◇ Use stainless steel perforated baking trays/basins to make a large number of convection and drainable

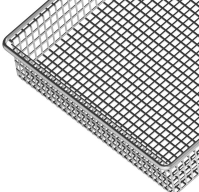
◇ The boiler produces saturated water vapor, and the water vapor molecules are fine, which locks the freshness and sweetness of seafood

◇ Enjoy it right out of the oven, taste the sweetness of high-quality seafood in a steam oven under high temperature and pressure

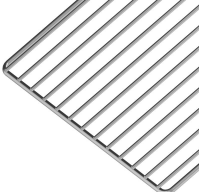
Recommended accessories



GN container Stainless steel perforated



Vision Frit



Stainless wire shelving