


Boiled shrimp

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




Author: **Gary CHIU**
Company: **Retigo Asia**





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

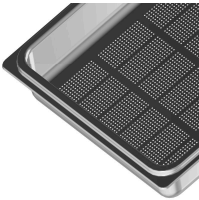
seasoning recipe		
Name	Value	Unit
rice wine	20	ml
mild soy sauce	20	ml
minced garlic	10	g

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

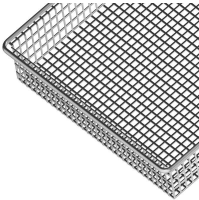
Directions

- ◇ 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

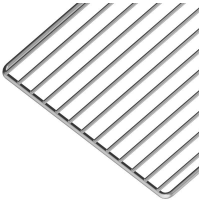
Recommended accessories



GN container Stainless steel perforated



Vision Frit



Stainless wire shelving