


steamed frozen buns

Cuisine: **Chinese**
Food category: **Pastry**




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





Program steps


Preheating: 99 °C


1


 Steaming

 Termination by time

 12:00 mm:ss

 99 °C

 50 %



Ingredients - number of portions - 1		
Name	Value	Unit
frozen buns	60	g

Nutrition and allergens	
Allergens:	
Minerals:	
Vitamins:	
Nutritional value of one portion	
Energy	180.6 kJ
Carbohydrate	36 g
Fat	1.8 g
Protein	4.8 g
Water	0 g

Directions

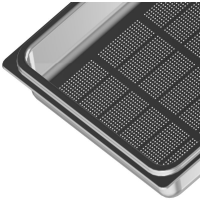
◇ There is no need to thaw in advance when making frozen steamed buns, which simplifies pre-work and reduces scrap

◇ Use the perforated plate to steam frozen steamed buns, the water vapor convection effect is good, and the efficiency is good

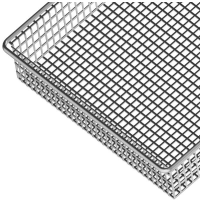
◇ Mantou is a baked noodle product, and the density of frozen ingredients is lower than that of meat, so it can be steamed directly

◇ High-pressure saturated water vapor, water molecules are fine and penetrable, fast without thawing

Recommended accessories



GN container Stainless steel perforated



Vision Frit



Stainless wire shelving