

steamed frozen buns

Cuisine: **Chinese**

Food category: **Pastry**



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Program steps

Preheating: **99 °C**

1	Steaming	Termination by time	12:00	mm:ss	99	°C	50	%	
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Ingredients - number of portions - 1

Name	Value	Unit
frozen buns	60	g

Nutrition and allergens

Allergens:

Minerals:

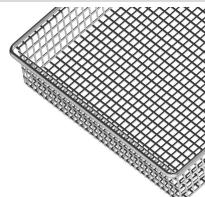
Vitamins:

Nutritional value of one portion	Value
Energy	180.6 kJ
Carbohydrate	36 g
Fat	1.8 g
Protein	4.8 g
Water	0 g

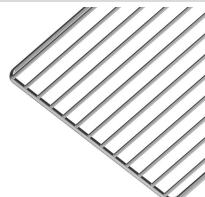
Recommended accessories



GN container Stainless steel perforated



Vision Frit



Stainless wire shelving

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