

Seafood and Vegetable Baked Eggs

Cuisine: Chinese

Food category: Side dishes



Author: Gary CHIU

Company: Retigo Asia



Program steps

Preheating: 245 °C

1 Combination 50 % Termination by time 05:00 mm:ss 230 °C 90 %

Ingredients - number of portions - 10

Name	Value	Unit
chicken eggs	60	g

Name	Value	Unit
chicken eggs	10	pcs
sesame oil	20	ml
rice wine	10	ml
salt	5	g
cooking master	12	g
ground white pepper	5	g
fresh mushrooms like seps, button, shitake, etc.	50	g
shrimps, peeled and cleaned	50	g
broccoli	50	g

Nutrition and allergens

Allergens: 3

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	18 kJ
Carbohydrate	0.7 g
Fat	0.8 g
Protein	1.9 g
Water	0 g

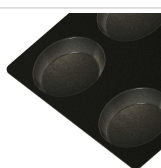
Directions

- ◇ Seafood ingredients are first seasoned with rice wine, salt, white pepper, etc., then drained and set aside
- ◇ Beat the eggs and add various seafood and vegetable ingredients and seasonings
- ◇ Apply a thin layer of cooking oil on the omelette plate to help coloring and demoulding
- ◇ This parameter is used for fast high-temperature steaming and baking, and the eggs are ripened, which is the standard style of baking eggs

Recommended accessories



Vision Pan



Vision Snack