

Garlic Chili Roasted Eggplant

Cuisine: **Chinese**

Food category: **Vegetables**



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Company: **Retigo Asia**



Program steps

Preheating: **195 °C**

| | | | | | | | |
|---|-------------|------|---------------------|-------------|--------|------|--|
| 1 | Combination | 60 % | Termination by time | 12:00 mm:ss | 180 °C | 90 % | |
|---|-------------|------|---------------------|-------------|--------|------|--|

Ingredients - number of portions - 1

| Name | Value | Unit |
|-----------|-------|------|
| aubergine | 300 | g |

seasoning recipe

| Name | Value | Unit |
|----------------------|-------|------|
| minced garlic | 100 | g |
| mixed peppers | 100 | g |
| salt | 3 | g |
| shallot | 10 | g |
| oyster sauce | 10 | g |
| monosodium glutamate | 3 | g |
| caster sugar | 3 | g |
| ground white pepper | 3 | g |
| ground caraway | 3 | g |
| olive oil | 300 | ml |

Nutrition and allergens

Allergens:

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 | 286.2 kJ |
| Carbohydrate | 43.2 g |
| Fat | 2.4 g |
| Protein | 14.1 g |
| Water | 0 g |

Directions

- ◊ Do not cut the eggplant, soak it in white vinegar water for 5 minutes before roasting, it can keep the color of the skin
- ◊ Made with minced garlic and chili, stir-fry minced garlic, minced chili and seasoning in salad oil in sequence
- ◊ The whole eggplant is cooked in the oven, and then cut open after it comes out of the oven to keep the internal moisture
- ◊ Cut the eggplant and spread the seasoning, then return to the steam oven and continue to bake the seasoning for 3 minutes

Recommended accessories



Vision Grill Diagonal



Vision Bake



GN container Stainless
steel full