

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

80 %



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:

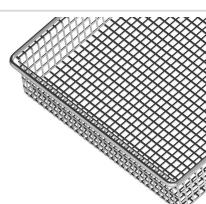
Vitamins:

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

Recommended accessories



GN container Stainless steel perforated



Vision Frit



Stainless wire shelving

Directions

- ◇ Wash the white shrimp (Size about 13cm) to remove the intestinal mud, grab a little rice wine and remove the fishy smell for later use
- ◇ Put it in a preheated oven, use a stainless steel perforated baking tray, and steam for 4 minutes
- ◇ Use stainless steel perforated baking pans/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