Retigo Combionline | Cookbook | Fish 17. 4. 2023

Boiled shrimp

Cuisine: **Chinese**Food category: **Fish**



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Program steps

Preheating:

99 °C

1 🞧 Steaming



(2) 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

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

Recommended accessories





