

# Steamed Chinese Salted Rice Dumplings

Cuisine: **Chinese**  
Food category: **Pastry**







Author: **Gary CHIU**  
Company: **Retigo Asia**


## Program steps


Preheating: 99 °C


1


 Steaming

 Termination by time

 12:00 mm:ss

 99 °C

 + 80 %



Ingredients - number of portions - 10		
Name	Value	Unit
chinese salty rice dumplings	180	g

Nutrition and allergens	
Allergens:	
Minerals:	
Vitamins:	
Nutritional value of one portion	Value
Energy	81.9 kJ
Carbohydrate	7.2 g
Fat	2.5 g
Protein	0.8 g
Water	0 g

Directions

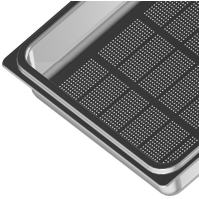
◇ Chinese-style salty rice dumplings need to be thawed beforehand. Frozen rice dumplings have a high density and need twice the time

◇ Use the perforated baking tray to steam the dumplings, the water vapor convection effect is good, and the efficiency of not accumulating water is good

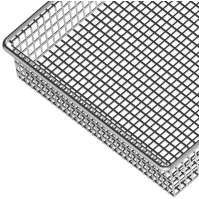
◇ Zongzi is a kind of rice food that contains meat, and the frozen texture has a high density. It is recommended to defrost before steaming

◇ High temperature and high pressure saturated water vapor, water molecules are fine and penetrating, and the taste of glutinous rice is good

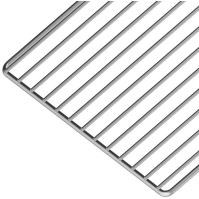
## Recommended accessories



GN container Stainless steel perforated



Vision Frit



Stainless wire shelving