

Steamed Chinese Salted Rice Dumplings

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




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Program steps


Preheating: 99 °C


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 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	
Energy	81.9 kJ
Carbohydrate	7.2 g
Fat	2.5 g
Protein	0.8 g
Water	0 g

Directions

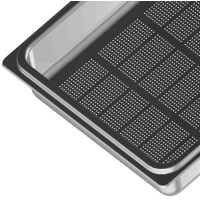
◇ Chinese-style salty rice dumplings need to be thawed beforehand. Frozen rice dumplings have a high density and need twice the time

◇ 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

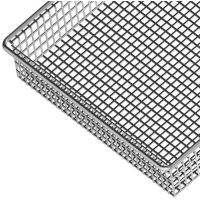
◇ Zongzi is a kind of rice food that contains meat, and the frozen texture has a high density. It is recommended to defrost before steaming

◇ 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