

# 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