


steamed hard boiled eggs

Cuisine: Chinese
Food category: Eggs



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Company: Retigo Asia



Program steps

Preheating: 99 °C

1

 Steaming

 Termination by time

 10:00

mm:ss

 99 °C

 + 80 %



Ingredients - number of portions - 10

| Name | Value | Unit |
|--------------|-------|------|
| chicken eggs | 60 | g |

seasoning recipe

| Name | Value | Unit |
|----------|-------|------|
| sea salt | 5 | g |

Nutrition and allergens

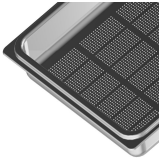
Allergens: 3
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, D, E, K, Kyselina listová

| Nutritional value of one portion | Value |
|----------------------------------|--------|
| Energy | 9.1 kJ |
| Carbohydrate | 0.1 g |
| Fat | 0.7 g |
| Protein | 0.7 g |
| Water | 0 g |

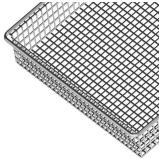
Directions

- ◇ Poke a small hole in the egg chamber, so that air can enter the air chamber, and the heat will enter
- ◇ The eggs are put into the stainless steel frying basket, and the steam can be evenly convected to produce good quality
- ◇ Steam at 100°C for 10 minutes, immediately soak in ice cube water for rapid cooling, stop aging
- ◇ After soaking in ice cube water and cooling, the eggshell heats up and shrinks, making it easier to peel
- ◇ Steamed hard-boiled eggs that have been cooled, it is recommended not to peel the eggshells and store them in refrigeration
- ◇ Wipe the shelled eggs and serve with sea salt

Recommended accessories



GN container Stainless steel perforated



Vision Frit