

steamed hard boiled eggs

Cuisine: **Chinese**
Food category: **Eggs**




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Program steps


Preheating: 99 °C


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 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

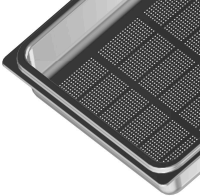
Allergens: 3
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, D, E, K, Kyselina listová

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



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