

Green Cabbage with Oyster Sauce

Cuisine: **Chinese**
Food category: **Vegetables**




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Program steps


Preheating: 99 °C


1


 Steaming

 Termination by time

 05:00 mm:ss

 99 °C

 80 %



Ingredients - number of portions - 10		
Name	Value	Unit
pak choi	400	g

seasoning recipe		
Name	Value	Unit
sesame oil	20	ml
minced garlic	30	g
oyster sauce	30	g
rice wine	10	ml
soy dipping sauce	10	ml
ground white pepper	5	g

Nutrition and allergens	
Allergens: Minerals: Vitamins:	
Nutritional value of one portion	Value
Energy	16.7 kJ
Carbohydrate	2.3 g
Fat	0.2 g
Protein	0.8 g
Water	0 g

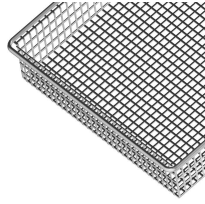
Directions

- ◇ Cut the whole green cabbage in half and wash it, drain the water and mix well with sesame oil
- ◇ Put it in a preheated oven, use a stainless steel perforated baking tray, and steam for 5 minutes
- ◇ Use stainless steel perforated baking trays/basins to make a large number of convection and drainable
- ◇ Put it on a plate after it comes out of the oven, and drizzle with oyster sauce
- ◇ The boiler produces saturated water vapor, the emerald green color is not oxidized, and the leaf stems are smooth and tender

Recommended accessories



GN container Stainless
steel perforated



Vision Frit