

# Green Cabbage with Oyster Sauce

Cuisine: **Chinese**

Food category: **Vegetables**



Author: **Gary CHIU**

Company: **Retigo Asia**

## 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

## 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

## 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

## Recommended accessories



GN container Stainless steel perforated



Vision Frit