

Steamed Cauliflower Bell Peppers

Cuisine: Chinese
Food category: Vegetables



Author: Gary CHIU
Company: Retigo Asia



Program steps

Preheating: 99 °C

1

 Steaming

 Termination by time

 06:00 mm:ss

 99 °C

 80 %



Ingredients - number of portions - 10

Name	Value	Unit
fresh peppers	400	g

Nutrition and allergens

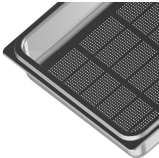
Allergens:
Minerals: Zn
Vitamins: A, B, C, E

Nutritional value of one portion	Value
Energy	12.4 kJ
Carbohydrate	2 g
Fat	0.2 g
Protein	0.4 g
Water	0 g


Directions

- ◇ Cut the broccoli, wash and soak for 1 hour, drain and set aside
- ◇ Deseeded sweet peppers and cut into 3~4cm, washed and soaked for later use
- ◇ Put it in a preheated steam oven and steam for 5-6 minutes
- ◇ Put it on a plate after it is out of the oven, and it can be topped with seasoning sauce, less oily and healthy
- ◇ The boiler produces saturated water vapor, the emerald green color is not oxidized, and is suitable for cold dishes and side dishes

Recommended accessories



GN container Stainless steel perforated



Vision Frit