

# Egg Mold Chawanmushi

Cuisine: Chinese  
Food category: Eggs



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## Program steps

Preheating: 99 °C

1

Steaming

Termination by time

17:00 mm:ss

95 °C

+ 80 %

## Ingredients - number of portions - 10

Name	Value	Unit
Egg in the resume (egg in the red shell)	60	g

## seasoning recipe

Name	Value	Unit
chicken eggs	100	g
dashi stock	250	ml
salt	3	g
freshly ground black pepper, ground	3	g
shrimps, peeled and cleaned	10	pcs
Hongxi mushroom	30	g
fish plate	10	g
salmon roe	10	g
fresh incense stick seedlings	5	g

## Directions

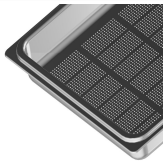
- ◇ The egg opener assists in the production of egg molds, and the egg shells are washed and placed on the egg rack for later use
- ◇ Chawanmushi golden ratio egg: broth 1: 2.5
- ◇ After the egg and broth are evenly mixed, a filter is required to remove the stems and impurities
- ◇ Fill the red egg shell with the material and egg liquid for 8 minutes
- ◇ Reduce the temperature and wind speed to cook, remove surface air bubbles and achieve better taste
- ◇ Salmon roe & fresh incense stick seedlings are the final decoration, no need to heat in the oven

## Nutrition and allergens


Allergens: 3  
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn  
Vitamins: A, B, B6, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	54 kJ
Carbohydrate	0.4 g
Fat	1.8 g
Protein	2.3 g
Water	0 g

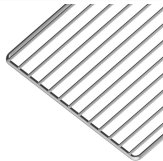
## Recommended accessories



GN container Stainless steel perforated



Vision Frit



Stainless wire shelving