


# low temperature cooking hot spring eggs

Cuisine: Chinese  
Food category: Eggs




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## Program steps

Preheating: 90 °C

1


 Steaming

Termination by time

13:00 mm:ss

75 °C

+ 80 %



## Ingredients - number of portions - 10

Name	Value	Unit
chicken eggs	60	g

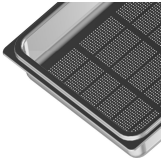
## Nutrition and allergens

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

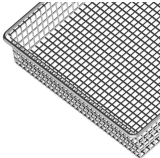
## Directions

- ◇ Poke a small hole in the egg chamber, so that air can enter the air chamber, and the heat will enter
- ◇ Pre-warm the eggs at room temperature to prevent the eggshell from cracking due to temperature changes
- ◇ Eggs are put into the stainless steel frying basket, and the steam is evenly convected and heated to produce good quality
- ◇ After taking it out, let it stand at room temperature for 10 minutes, crack the egg, open it, put it in a bowl, and pour the sauce
- ◇ It is recommended that hot spring eggs be made fresh every day for every meal, with good safety and quality

## Recommended accessories



GN container Stainless steel perforated



Vision Frit