Retigo Combionline | Cookbook | Eggs 17. 4. 2023

low temperature cooking hot spring eggs

Cuisine: **Chinese**Food category: **Eggs**



Author: Gary CHIU
Company: Retigo Asia

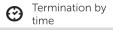


Program steps

Preheating:

90 °C

1 Steaming











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



