


# low temperature cooking hot spring eggs

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







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## Program steps


Preheating: 90 °C


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 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

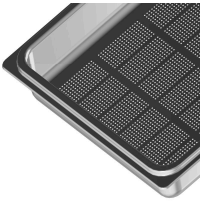
◇ Pre-warm the eggs at room temperature to prevent the eggshell from cracking due to temperature changes

◇ 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