

Scrambled Eggs

Cuisine: **English**

Food category: **Eggs**



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Company: **Retigo**



Program steps

1	Steaming	Termination by time	00:05 hh:mm	99 °C	50 %	
2	Steaming	Termination by time	00:03 hh:mm	99 °C	50 %	

Ingredients - number of portions - 6

Name	Value	Unit
Free range eggs	6	pcs

Nutrition and allergens

Allergens: A

Minerals: Calcium, Iron, Magnesium, Phosphorus, Potassium

Vitamins: Riboflavin, Vitamin A, Vitamin B12, Vitamin D

Nutritional value of one portion	Value
Energy	0 kJ
Carbohydrate	0 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

Pre-heat the oven on steam, whisk the eggs together with some milk and butter, place in a container and cover, then place in the oven. After 5 mins, take out the eggs and give them a stir, then back into the oven for 3 mins, giving the eggs a final stir when they come out.

Recommended accessories



Vision Pan



Stainless wire shelving