

Chicken and veggies steam rice(Takikomi Gohan)

Cuisine: **Japanese**

Food category: **Side dishes**



Author: **Steve Shih**

Company: **Retigo Asia Limited**

Program steps

Preheating: 99 °C

1 Steaming Termination by time 00:30 hh:mm 99 °C 80 %

Ingredients - number of portions - 20

Name	Value	Unit
Raw rice (Japanese short-grain rice)	1	kg
chicken stock	1	kg
Ground chicken	200	g
Soy sauce	10	g
sugar	3	g
Lotus root	30	g
Carrot	20	g
Mushroom	30	g
bamboo shoots	30	g
Mirin	10	g
Sake	10	g

Directions

- Mix ground chicken with Soy sauce and sugar in advance. Cut all the ingredients into small, thin pieces.
- Wash rice well and drain. Put the rice in a pot. Add Water, soy sauce, mirin and sake stir well, and place ground chicken, shredded ginger, lotus root, carrot, and mushrooms.
- Preheat the combi to target temp, once it ready put in to steam 30 mins.

Nutrition and allergens

Allergens: Soy

Minerals: Calcium, Copper, Iron, Magnesium, Manganese, Phosphorus, Potassium, Sodium

Vitamins: Vitamin B6, Vitamin C, Vitamin E

Nutritional value of one portion	Value
Energy	207.2 kJ
Carbohydrate	39.4 g
Fat	2.1 g
Protein	6 g
Water	17.8 g

Recommended accessories



GN container Stainless
steel full



Enameled GN
container