

Simmered Squid and vegetables cold side dishes(Chikuzen-Ni:筑前煮)



Cuisine: **Japanese**
Food category: **Side dishes**

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Program steps

Preheating:

180 °C

1

Combination

50 %

Termination by time

02:00 hh:mm

160 °C

80 %

Ingredients - number of portions - 10		
Name	Value	Unit
Squid	500	g
Dried shitake mushrooms	20	g
Burdock root	50	g
Carrot	30	g
Konjac	30	g
Potato	100	g
Dashi	2000	ml
Sake	100	ml
Mirin	50	ml
sugar	10	g
Soy sauce	100	ml

Directions

1.Cut the squid and veges into bite-sized pieces, and mix together with 1 teaspoon of sake, mirin, and soy sauce.

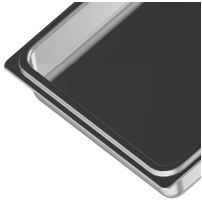
2.Put all ingredients and seasonings into classic GN full stainless steel.

3.It took 2 hours to Simmered to deserves texture.

4.When it finish that take it out into a blash chiller to go through cook and chill process.

Nutrition and allergens	
Allergens:	
Minerals:	
Vitamins:	
Nutritional value of one portion	Value
Energy	8.4 kJ
Carbohydrate	1.2 g
Fat	0 g
Protein	0 g
Water	0 g

Recommended accessories



GN container Stainless
steel full



Enameled GN
container