

# 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: Soy

Minerals: Iron, Magnesium, Phosphorus, Potassium, Selenium, Sodium

Vitamins: Niacin, Vitamin B12, Vitamin E

Nutritional value of one portion	Value
Energy	71.8 kJ
Carbohydrate	7.5 g
Fat	0.6 g
Protein	8.3 g
Water	55.5 g

## Recommended accessories



GN container Stainless  
steel full



Enameled GN  
container