

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

Cuisine: Japanese
Food category: Side dishes

Author: Steve Shih
Company: Retigo Asia Limited



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

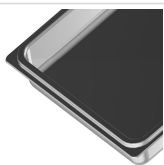
1. Cut the squid and veges into bite-sized pieces, and mix together with 1 teaspoon of sake, mirin, and soy sauce.
2. Put all ingredients and seasonings into classic GN full stainless steel.
3. It took 2 hours to Simmered to deserves texture.
4. When it finish that take it out into a blash chiller to 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