

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



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 %	
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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

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