

Taro rice

Cuisine: **South-East Asian**

Food category: **Side dishes**



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Program steps

Preheating: 100 °C

1	Combination	50 %	Termination by time	00:10 hh:mm	160 °C	100 %	
2	Steaming		Termination by time	00:30 hh:mm	99 °C	50 %	

Ingredients - number of portions - 10

Name	Value	Unit
Jasmine rice	5000	g
Taro cube	300	g
Dried shrimp	60	g
Dried shitake mushrooms	50	g
Cooking oil	30	ml
Pork cube	300	g
Chopped Onions	60	g
Garlic chopped	30	g
Shaoxing wine	30	ml
Light soy sauce	50	ml
Dark soy sauce	30	ml
Oyster sauce	30	ml
sugar	30	g
Salt	20	g

Nutrition and allergens

Allergens: Shellfish, Soy, SOY

Minerals: 660 mg, Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Sodium: 38758 mg, Sodium: 5, Zinc
 Vitamins: B12, Niacin, Riboflavin

Nutritional value of one portion	Value
Energy	806.6 kJ
Carbohydrate	156.4 g
Fat	8 g
Protein	23 g
Water	98.2 g

Directions

Peel and cut taro to cube, marinated the pork with wine and soy sauce.

Wash the rice in several changes of water until it's runs clear. Then drain off the water completely.

Wash the dried shrimp, shitake mushroom and soak in the water.

Preheat the oven and saute all ingredients for 10 minutes. Then mixed with rice and add water and steam for 30 minutes.

When it's cook garnish with spring onions, coriander leaves and fried shallots.



Vision Pan