

Three color steam eggs

Cuisine: South-East Asian

Food category: Eggs



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Program steps

Preheating: 100 °C

1 Steaming Termination by time 00:30 hh:mm 99 °C 50 %

Ingredients - number of portions - 10

Name	Value	Unit
Duck eggs	5	pcs
Century duck eggs	3	pcs
Salted duck eggs	3	pcs
Mince pork	150	g
sugar	30	g
fish sauce	20	ml
Cooking oil	10	ml
Chopped spring onions	30	g
Black Pepper	5	g
Egg yolks	2	pcs

Directions

Crack fresh Duck eggs in the bowl, add diced century eggs, dice salted, minced pork, spring onions,seasoning and mix well gently to avoid breaking the century eggs and salted eggs.

Apply the oil on the tray and pour mixture.

Cover and steam for 20 minutes. Mix Egg yolks, oil and beat well. Pour the egg yolk mixture on top and steam for another 10 minutes without cover.

Nutrition and allergens

Allergens: EGG

Minerals: Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Zinc

Vitamins: Folate, Niacin, Riboflavin, Thiamin, Vitamin A, Vitamin B6, Vitamin C, Vitamin K

Nutritional value of one portion	Value
Energy	51.7 kJ
Carbohydrate	3.5 g
Fat	3 g
Protein	2.5 g
Water	11.9 g



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