

Steamed rice

Cuisine: Czech

Food category: Side dishes



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Company: Retigo



Program steps

Preheating: 160 °C

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

Ingredients - number of portions - 30

Name	Value	Unit
rice	2.5	kg
water	3.75	l
salt	0.04	kg
butter soft	0.1	kg

Nutrition and allergens

Allergens: 7

Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn

Vitamins: A, B, C, D, E, K

Nutritional value of one portion	Value
Energy	313.3 kJ
Carbohydrate	65 g
Fat	3 g
Protein	6.7 g
Water	0 g

Directions

Pour the rice into a stainless steel full GN 65 mm high, rinse well three times in water, cover with hot boiled water, add salt, add butter and cover with the GN lid.

Place in a preheated convection oven.

After cooking, stir the rice well to evaporate excess moisture.