

Steamed rice

Cuisine: **Czech**
Food category: **Side dishes**



Author: **Vlastimil Jaša**


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.