

Yakitori

Cuisine: **Chinese**
Food category: **Beef**



Author: **Gary CHIU**
Company: **Retigo Asia**



Program steps

Preheating: 265 °C

1

 Combination

 30 %

 Termination by time

 02:30 mm:ss

 250 °C

 90 %



Ingredients - number of portions - 10

Name	Value	Unit
duck skeleton	300	g

seasoning recipe

Name	Value	Unit
sea-salt	5	g
freshly ground black pepper, ground	5	g
flax oil	10	ml

Nutrition and allergens

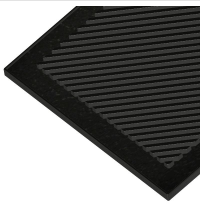
Allergens:
Minerals: Mg
Vitamins: B6, C, K

Nutritional value of one portion	Value
Energy	66.8 kJ
Carbohydrate	0.2 g
Fat	4.8 g
Protein	5.8 g
Water	0 g

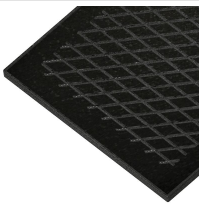
Directions

- *Beef short ribs (cut into dice, 2 cm thick)
- ◇ It is recommended to soak in water and drain when using wooden skewers, but not to use iron skewers
 - ◇ Drain the beef short ribs, bell peppers, and scallions, and cut them into pieces suitable for meat skewers
 - ◇ Beef short ribs, sweet peppers, scallions and other ingredients, taste the original flavor without seasoning and marinating
 - ◇ It is recommended to use a branded baking tray to preheat the baking tray for 5 minutes
 - ◇ The preheated baking tray is hot enough, and the ingredients are lightly pressed, and the effect is fast

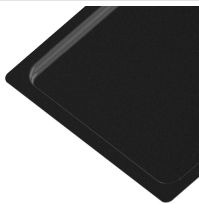
Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Bake



Vision Express Grill