

Roasted Sweet Potatoes

Cuisine: **Chinese**
Food category: **Vegetables**



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



Program steps

Preheating: 175 °C

1

 Combination

 50 %

 Termination by time

 30:00 mm:ss

 160 °C

 70 %



Ingredients - number of portions - 10		
Name	Value	Unit
sweet potatoes	250	g

Nutrition and allergens	
Allergens:	
Minerals:	
Vitamins:	
Nutritional value of one portion	Value
Energy	20.8 kJ
Carbohydrate	4.3 g
Fat	0 g
Protein	0.5 g
Water	0 g

Directions

*Selected Tai Nong No. 57 (Brown skin and yellow meat, the highest dietary fiber, dense and soft taste)

◇ Wash the sweet potatoes from the soil, dry the water, and put them on the baking tray or grilling net

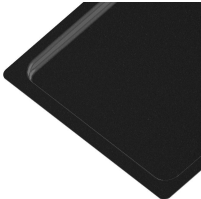
◇ Use baking paper under the baking pan to prevent the honey from flowing out and scorching and sticking to the baking pan

◇ The air convection is better when using the grill, which speeds up the cooking speed and reduces the time

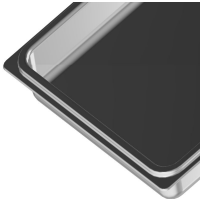
◇ When roasting sweet potatoes, it is necessary to reduce the wind speed to avoid the skin from drying too hard

◇ Quickly cool down the sweet potato after being baked, store it in the freezer, and reheat it directly after freezing to enjoy

Recommended accessories



Vision Bake



GN container Stainless steel full