

Steamed Old-style Fried Rice

Cuisine: **Chinese**
Food category: **Side dishes**



Author: Gary CHIU

Company: Retigo Asia



Program steps

Preheating: 99 °C

1

 Steaming

 Termination by time

 30:00 mm:ss

 99 °C

 80 %



Ingredients - number of portions - 20

Name	Value	Unit
long glutinous rice	1	kg
round glutinous rice	1	kg

seasoning recipe

Name	Value	Unit
mushrooms	30	g
shrimps, peeled and cleaned	50	g
shallot	250	g
pork chop	250	g
soy dipping sauce	100	ml
soy dipping sauce	20	g
allspice	2	g
ground white pepper	5	g

Nutrition and allergens

Allergens:
Minerals: Ca, K, Mn, Na, P, Zn
Vitamins: A, B, C

Nutritional value of one portion	Value
Energy	390.6 kJ
Carbohydrate	41.6 g
Fat	41.1 g
Protein	7.3 g
Water	3.5 g

Directions

- ◇ Wash the 2 kinds of glutinous rice, soak in water for about 6 hours, drain the water and pour it into the conditioning basin
- ◇ Oily rice with rich sauce color, soy sauce should be added when soaking glutinous rice, from soaked rice to sauce color
- ◇ Wet the steaming cloth and put it into the bottom of the conditioning basin, pour in the glutinous rice to completely cover it, the capacity is 2kg
- ◇ Saute all the ingredients and seasonings until fragrant and stir-fry for later use, steam the glutinous rice for 30 minutes and take it out of the oven
- ◇ Take it out of the oven, open the steaming cloth and pour it out, stir the spices, and steam for another 10 minutes to make it more delicious

Recommended accessories



GN container Stainless
steel full



Enameled GN
container