

Seafood Steamer with herb butter

Cuisine: Japanese
Food category: Fish

Author: Steve Shih
Company: Retigo Asia Limited



Program steps

Preheating: 99 °C

1

Steaming

Termination by time

00:10

hh:mm

99 °C

+ 80 %

Ingredients - number of portions - 5

Name	Value	Unit
Prawns	5	pcs
Clams	200	g
mussels	200	g
Butter	30	g
parsley	3	g

Nutrition and allergens

Allergens:
Minerals: CA, K
Vitamins: A, C

Nutritional value of one portion	Value
Energy	215.7 kJ
Carbohydrate	1.7 g
Fat	5.6 g
Protein	4.9 g
Water	0 g

Directions

- 1.Prepare Prawns and brush with herb butter.
- 2.Wash the clams and mussels mixture with garlic herb oil.
- 3.Put all ingredients into Vision Pan and seasoned.
- 4.Vision Pan can reserve all seafood flavor.

Recommended accessories



Vision Pan