

# Prawn stew

Cuisine: Other  
Food category: Fish



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Company: Retigo



## Program steps

Preheating: 100 °C

1

 Steaming

 Termination by time

 00:15

hh:mm

 100 °C

 80 %



## Ingredients - number of portions - 8

| Name                          | Value | Unit |
|-------------------------------|-------|------|
| shrimps, peeled and cleaned   | 1.2   | kg   |
| extra virgin olive oil        | 40    | ml   |
| red onion                     | 1     | pcs  |
| garlic cloves, finely chopped | 1     | pcs  |
| tomato puree                  | 20    | g    |
| chili powder                  | 1     | g    |
| frozen peas                   | 300   | g    |
| basmati rice                  | 150   | g    |
| baby corn                     | 300   | g    |
| idaho russet potato           | 500   | g    |
| salt                          | 3     | g    |
| soft cream cheese             | 200   | g    |
| oregano leaves                | 1     | g    |
| quail eggs                    | 8     | pcs  |

## Directions

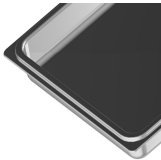
1. In a pot, cover the prawn heads in 1.3l of water, or enough to cover. Bring to a simmer for 15 minutes. Purée and strain. Reserve 1l of the stock.
2. In a skillet, soften the finely chopped small red onion and garlic in evoo and stir in the chili and tomato paste.
3. Set the oven on steam at 100°C.
4. In an ovenproof dish, combine the onion sofrito with the shrimp stock, add in the peas, rice and corn chunks.
5. Steam for 15 minutes.
6. Add the potatoes and salt. Keep going until the rice is cooked and the potatoes tender.
7. While the dish is still piping hot, stir in the raw shrimp and allow it to cook with the soup's latent heat.
8. Add in the eggs and stir delicately so that they don't break.
9. Finish by stirring in the cheese and oregano leaves.
10. If the eggs or shrimp remain uncooked, give it a couple more minutes of heat in the oven until you're happy with the result.

## Nutrition and allergens

Allergens: 7  
Minerals: Ca, Co, Cu, Fe, I, K, Mg, Mn, Na, P, Se, Zn  
Vitamins: A, B, C, E, Kyselina listová

| Nutritional value of one portion | Value  |
|----------------------------------|--------|
| Energy                           | 379 kJ |
| Carbohydrate                     | 35.5 g |
| Fat                              | 8.7 g  |
| Protein                          | 35.1 g |
| Water                            | 0 g    |

## Recommended accessories



GN container Stainless steel full