

Sauteed Celery and Pepper Sprigs

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



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Company: Retigo Asia



Program steps

Preheating:

265 °C

1

 Combination

 30 %

 Termination by time

 03:00 mm:ss

 250 °C

 90 %



2

 Combination

 30 %

 Termination by time

 04:00 mm:ss

 250 °C

 90 %



Ingredients - number of portions - 10

Name	Value	Unit
calamari	300	g
mixed peppers	50	g
celery sticks	50	g

Nutrition and allergens

Allergens: 9
Minerals: Ca, Cr, Cu, Fe, I, K, Mg, Mn, Na, P, Se, Zn
Vitamins: A, B, C, E, K

Nutritional value of one portion	Value
Energy	65.2 kJ
Carbohydrate	6.2 g
Fat	3.3 g
Protein	2.2 g
Water	0 g

Directions

The first stage

◇ Mix the flower branches evenly with cooking oil (accelerate the heat conduction speed and bake the color effect)

◇ The first stage roasted flower branches, the time is shorter than the second stage, to avoid overcooked seafood and excessive weight loss

second stage

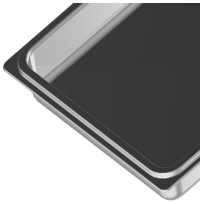
◇ Add celery and colored peppers to the pot, add garlic oil, salt, pepper, and other seasoning spices and mix well

◇ Then put it into the steam oven to continue cooking, the flower branches are roasted, the celery and bell pepper are roasted and colored

◇ Seasoning spices must be mixed with ingredients and baked together

◇ Use high temperature to roast the seasoning to produce aroma and condense with the ingredients

Recommended accessories



GN container Stainless steel full



Enameled GN container