

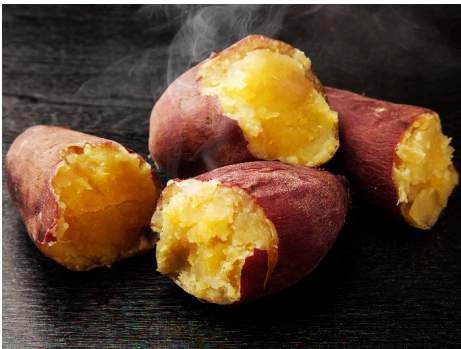
# Roasted Sweet Potatoes

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



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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

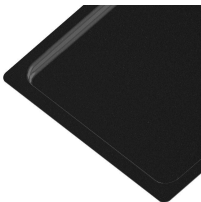
◇ Use baking paper under the baking pan to prevent the honey from flowing out and scorching and sticking to the baking pan

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

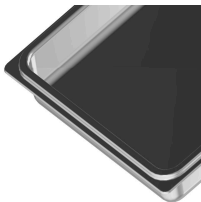
◇ When roasting sweet potatoes, it is necessary to reduce the wind speed to avoid the skin from drying too hard

◇ 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