

Anesthetic Sugar Egg

Cuisine: Chinese

Food category: Eggs



Author: Gary CHIU

Company: Retigo Asia



Program steps

Preheating: 99 °C

1 Steaming Termination by time 07:00 mm:ss 99 °C + 80 %

Ingredients - number of portions - 10

Name	Value	Unit
chicken eggs	60	g

Anesthetic Sauce Recipe

Name	Value	Unit
mirin	60	ml
powdered sugar	80	g
RO water	200	ml
japanese soy sauce	200	ml
onion	30	g
shallot	20	g
garlic	20	g
sesame	10	g
sesame oil	20	ml

Nutrition and allergens

Allergens: 11, 3

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	51.6 kJ
Carbohydrate	8.8 g
Fat	1.3 g
Protein	1.1 g
Water	0 g

Directions

- ◇ Poke a small hole in the egg chamber, so that air can enter the air chamber, and the heat will enter
- ◇ The eggs are put into the stainless steel frying basket, and the steam can be evenly convected to produce good quality
- ◇ Steam at 100°C for 7 minutes, immediately soak in ice cube water for rapid cooling, stop aging
- ◇ Dry the shelled eggs, soak them in anesthetic sauce, and cover them by 2 cm
- ◇ The anesthetic sauce can be boiled to melt the sugar, and the sauce needs to be completely cooled before use
- ◇ Refrigerate for 1-2 days before eating, if you like spicy food, you can add 20g of crushed chili

Recommended accessories

