

Chicken and prawn custard

Cuisine: **Japanese**
Food category: **Fish**



Author: **Jaroslav Mikoška**
Company: **Retigo**



Program steps

Preheating: 99 °C

1

 Hot air

 100 %

 Termination by time

 00:30 hh:mm

 180 °C

 100 %



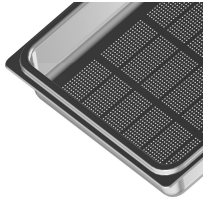
Ingredients - number of portions - 8		
Name	Value	Unit
chicken eggs	6	pcs
parsley	2	l
salt	0.01	g
soy dipping sauce	30	ml
mirin	10	ml
parsley	16	pcs
parsley	2	pcs
parsley	4	pcs
parsley	1	pcs

Nutrition and allergens	
Allergens: 3 Minerals: Ca, 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	0 kJ
Carbohydrate	0 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

1. In separate bowls, season the chicken and shrimp and marinate in half the soy sauce and all of the sake for 20 minutes.
2. In a large bowl, lightly beat the eggs and stir in the mirin, the remaining soy sauce and dashi and season. Strain through a fine sieve.
3. Portion the chicken and shrimp into eight ovenproof ramekins and cover with the egg mixtureup until $\frac{3}{4}$ of the container.
4. Set the oven on steam at 85°C.
5. Seal the ramekins with foil and steam for 15 minutes.
6. Sprinkle the green onion over each of the portions, cover again with foil and allow to rest for another 3 minutes.
7. Serve.

Recommended accessories



GN container Stainless
steel perforated