

Garlic Chili Roasted Eggplant

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



Author: **Gary CHIU**
Company: **Retigo Asia**



Program steps

Preheating: 195 °C

1

 Combination

 60 %

 Termination by time

 12:00 mm:ss

 180 °C

 90 %



Ingredients - number of portions - 1		
Name	Value	Unit
aubergine	300	g

seasoning recipe		
Name	Value	Unit
minced garlic	100	g
mixed peppers	100	g
salt	3	g
shallot	10	g
oyster sauce	10	g
monosodium glutamate	3	g
caster sugar	3	g
ground white pepper	3	g
ground caraway	3	g
olive oil	300	ml

Nutrition and allergens	
Allergens: 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	286.2 kJ
Carbohydrate	43.2 g
Fat	2.4 g
Protein	14.1 g
Water	0 g

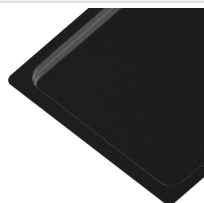
Directions

- ◇ Do not cut the eggplant, soak it in white vinegar water for 5 minutes before roasting, it can keep the color of the skin
- ◇ Made with minced garlic and chili, stir-fry minced garlic, minced chili and seasoning in salad oil in sequence
- ◇ The whole eggplant is cooked in the oven, and then cut open after it comes out of the oven to keep the internal moisture
- ◇ Cut the eggplant and spread the seasoning, then return to the steam oven and continue to bake the seasoning for 3 minutes

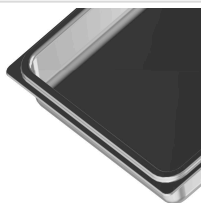
Recommended accessories



Vision Grill Diagonal



Vision Bake



GN container Stainless
steel full