

Chicken and veggies steam rice(Takikomi Gohan)

Cuisine: **Japanese**
Food category: **Side dishes**



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Program steps

Preheating: 99 °C

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Steaming

Termination by time

00:30 hh:mm

99 °C

80 %

Ingredients - number of portions - 20

Name	Value	Unit
Raw rice (Japanese short-grain rice)	1	kg
chicken stock	1	kg
Ground chicken	200	g
Soy sauce	10	g
sugar	3	g
Lotus root	30	g
Carrot	20	g
Mushroom	30	g
bamboo shoots	30	g
Mirin	10	g
Sake	10	g

Directions

1. Mix ground chicken with Soy sauce and sugar in advance. Cut all the ingredients into small, thin pieces.
2. Wash rice well and drain. Put the rice in a pot. Add Water, soy sauce, mirin and sake stir well, and place ground chicken, shredded ginger, lotus root, carrot, and mushrooms.
3. Preheat the combi to target temp, once it ready put in to steam 30 mins.

Nutrition and allergens

Allergens: Minerals: Vitamins:	
Nutritional value of one portion	Value
Energy	7.1 kJ
Carbohydrate	0.4 g
Fat	0.4 g
Protein	0.3 g
Water	0 g

Recommended accessories

GN container Stainless steel full

ENAMELED GN container