

# Simmered Squid and vegetables cold side dishes(Chikuzen-Ni:煮物)

Cuisine: Japanese  
Food category: Side dishes



Author: Steve Shih  
Company: Retigo Asia Limited

## Program steps

Preheating:

180 °C

1

Combination

50

%

Termination by time

02:00

hh:mm

160

°C

80

%

| Ingredients - number of portions - 10 |       |      |
|---------------------------------------|-------|------|
| Name                                  | Value | Unit |
| Squid                                 | 500   | g    |
| Dried shitake mushrooms               | 20    | g    |
| Burdock root                          | 50    | g    |
| Carrot                                | 30    | g    |
| Konjac                                | 30    | g    |
| Potato                                | 100   | g    |
| Dashi                                 | 2000  | ml   |
| Sake                                  | 100   | ml   |
| Mirin                                 | 50    | ml   |
| sugar                                 | 10    | g    |
| Soy sauce                             | 100   | ml   |

Directions

1.Cut the squid and veges into bite-sized pieces, and mix together with 1 teaspoon of sake, mirin, and soy sauce.

2.Put all ingredients and seasonings into classic GN full stainless steel.

3.It took 2 hours to Simmered to deserves texture.

4.When it finish that take it out into a blush chiller to go through cook and chill process.

| Nutrition and allergens              |        |
|--------------------------------------|--------|
| Allergens:<br>Minerals:<br>Vitamins: |        |
| Nutritional value of one portion     | Value  |
| Energy                               | 8.4 kJ |
| Carbohydrate                         | 1.2 g  |
| Fat                                  | 0 g    |
| Protein                              | 0 g    |
| Water                                | 0 g    |

Recommended accessories

GN container Stainless steel full

Enameled GN container