

Simmered Squid and vegetables cold side dishes(Chikuzen-Ni:煮付け)

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: Minerals: 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