

Boiled Chinese Broccoli



48:20




This recipe is available for:

- Convotherm mini




Accessories:

1/1 GN Stainless steel pans, perforated, 55 mm deep, 3003074

P R O F I L E

-  Ambient
-  1 Full Tray
-  From Scratch

Stage 1
100 °C

-  Steam
-  00:05 | -
-  1

R E C I P E

Ingredients

350 g	Chinese broccoli
30 g	Oil
15 g	Light soy sauce
5 g	Garlic chopped
5 g	Ginger slice
1 pinch	Sugar
1 pinch	Salt

1. Food Preparation

Put the Chinese broccoli into 1/2 GN pan, a touch with sugar and salt.

2. Cooking Instruction

Start the cooking program. After preheating, loading the GN pan into oven. When the program completed, take out and transfer to a plate. Put garlic chopped and ginger slice and top, pour light soy sauce and very hot oil on it.

3. Food Serving Instruction

Serve with rice, meat or fish.