

Stewed bean curd with minced pork in chili sauce



58:35

This recipe is available for:

- Convotherm mini

Accessories:

1/1 GN Stainless steel pans, unperforated, 60 mm deep, 3013030

PROFILE

- Chilled 4°C
- 1 Full Tray
- From Scratch

Convection

00:05 | -

Steam

00:08 | -

1

Stage 1
100 °C

Stage 2
200 °C

RECIPE

Ingredients

2	pcs	Bean curd
50	g	Pork minced
100	g	Oil
5	g	Dark Soy sauce
15	g	Cooking wine
20	g	Cornstarch with water
1	g	Chicken powder
20	g	Sugar
43	g	Thick broad- bean sauce
23	g	Thick chili sauce
1	g	Chinese prickly ash
25	g	Green onion
25	g	Ginger
25	g	Minced garlic
100	g	Water

1. Food Preparation

Seasoning packet pre-cook: fry the minced garlic, ginger and pork. Add thick broad bean sauce, cooking wine and others. Add cornstarch and water. Cool down.

2. Cooking Instruction

Preheat the oven, and load the bean curd into oven with ½ GN. After 5 min, take out the bean curd and pour-out water. Pour the seasoning pre-cooked on the top of the bean curd, with cover. Start the program, load the GN after preheating.

3. Food Serving Instruction

When program completed, take out the GN and add some green onion and chilli oil.