


Reheat Hokkien Prawn Noodles

eikon® e2s

 01:00





This recipe is available for:

- eikon® e2s HP (2000W)
- eikon® e1s




Accessories:

e1s/e2s Full Size Cooking Tray 32Z4080 (Black), 32Z4100 (Red), 32Z4093 (Green), 32Z4101 (Blue) Paper Bag

PROFILE

-  275 °C
-  Chilled 4°C
-  1 Portion
-  Precooked

Stage 1

-  01:00
-  10 %
-  75 %

RECIPE

Ingredients

- 2 pcs Giant Prawns
- 1 tbs Chilli Oil
- 150 ml Water
- 60 g Chicken Bone
- 60 g Chicken Thigh Boneless
- 40 g Squid
- 0.5 tbs Gelatine
- 2 tbs Oil
- 0.5 tbs Garlic chopped
- 1 pcs Egg
- 110 g Fresh Yellow Noodles
- 110 g Fresh Thick Round Rice Noodles
- 2 tbs Fish Sauce
- 50 g Bean Sprout
- 5 g Chinese Chive Chopped
- 1 pcs Fried Fish Cake sliced in Stripes
- 1 pcs Lime Wedge
- 1 tbs Sambal Dried Prawn
- 5 g Coriander
- 5 g Spring Onion Julienne
- 5 g Red Chilli Julienne
- 1 pinch Black Pepper crushed
- 1 pcs Paper bag

1. Food Preparation

Shell the prawns, clean them, cut in half and store in a fridge. Keep the shells for the stock. Heat the chilli oil in a pan and sear the shells. Add the water and chicken bone and let it simmer for 30 minutes. Cook the chicken thigh, prawns and squid in the stock. When they are soft, take them out, chill them and cut the chicken and squid into strips. Add the gelatine to the stock, stir it well, heat it for 30 seconds, chill it and cut into cubes when it is cold. Heat the oil in a pan and sear the garlic, add the egg and sear till light brown. Add in both noodles and sear them. Add the fish sauce, lower the heat and add bean sprouts, Chinese chive, fish cake, chicken, squid and prawns. Mix it well, remove from heat and chill it. After cooling mix the noodles with the stock cubes and place the mixture in the paper bag and fold the bag down to close. Place it on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the bag from the tray, open the bag and plate the noodles. Use the lime, sambal, spring onion, chilli and black pepper as garnish.

Note: Information obtained from this recipe is provided with all reasonable care and skills in its compilation, preparation and issue, but is provided without liability in its application and use. All cooking settings are guides only. Adjust cooking settings to allow for differing product weights and start temperatures. Always ensure that food save core temperature has been achieved prior to service.