Sha Sha Shuk

eikon e1s

01:45

This recipe is available for:
- eikon® e1s

Accessories:
Earthenware Bowl

PROFILE

	Stage 1	Stage 2
260 °C		
Chilled 4°C		
1 Portion		
From Raw		
		Add the Egg
	01:00	00:45
	50 %	10 %
	100 %	100 %

RECIPE

Ingredients

120	ml	Tomato Sauce
30	g	Red Pepper
30	g	Courgette / Zucchini
20	g	Leek
1	tsp	Gochujang (Chilli Paste)
1	tbs	Ganjang (Soya Sauce)
1	tsp	Garlic finely chopped
1	pcs	Egg

1. Food Preparation

Dice the pepper and zucchini in equal cubes and the leek in strips. Mix the sauce with garlic, chilli paste and soya sauce and fill it into the bowl. Place the vegetables on top.

2. Cooking Instruction

Cook as per oven profile. After step 1 pour the egg into the centre of the sauce and continue to cook as per profile.

3. Food Serving Instruction

Remove the cooked food from the bowl and serve.

Note: Information emanating from Welbilt is given after exercise of 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.