


Spicy Prawns in Bamboo tube Hunan style



eikon® e1s

 04:30





This recipe is available for:

- eikon® e1s




Accessories:

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

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-  260 °C
-  Chilled 4°C
-  1 Portion
-  From Raw

Stage 1

-  04:30
-  30 %
-  100 %

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Ingredients

4 pcs	Giant Prawns
150 g	Potatoes boiled
30 g	Ginger
20 g	Garlic
45 g	Shallots
15 g	Spring Onions
20 g	Cooking Oil
20 g	Citronella
40 g	Green Chilli
10 g	Red Chilli
10 g	Salt
5 g	Pepper

1. Food Preparation

Saute all ingredients (except the prawns and potatoes and only half of the chillis) until soft and blend to paste. Open the prawns on the backside with a scissors, remove the intestine and clean with water, remove the legs and butterfly cut the meat. Cut the potatoes in thick slices and place them on the base of a Bamboo tube, cover with prawns and top them with the paste. Place the Bamboo tube on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the Bamboo tube from the tray and serve the food in the Bamboo. Use the other half of the chilli slices for garnish.