Green Chillis filled with Pork and Fish (Canton style)

eikon e1s

01:20

This recipe is available for:
- eikon® e1s

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

PROFILE

260 °C	Stage 1
Chilled 4°C	01:20
1 Portion	90 %
From Raw	80 %

RECIPE

Ingredients

90	g	Pork minced
30	g	White Fish Fillet minced
10	g	Corn Starch
1	pcs	Egg white
10	g	Yellow Rice Wine
5	g	Soy Sauce
5	g	Sesame Oil
1	pinch	Salt
150	g	Green Chillis
1	tbs	Spring Onions sliced
1	tsp	Red Chilli sliced

1. Food Preparation

Mix all ingredients (except the green chillis and only half of the starch) well together. Cut the green chillis in half and scrape out the seeds, dust them with the rest of the starch. Stuff the green chillis with the pork mixture. Place them on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray and serve garnished with the spring onions and red chilli.

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.