

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)

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

Stage 1

- 01:20
- 90 %
- 80 %

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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.