

Soft Shell Chilli Crab



eikon® e1s

01:30

This recipe is available for:

- eikon® e1s
- eikon® e2s HP (2000W)

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	Stage 2
	Place the Crab & Bun	Remove the Bun
	00:45	00:45
	100 %	100 %
	90 %	0 %

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Ingredients

- 1 pcs Soft Shell Crab
- 1 pcs Chinese Mini Bun FROZEN
- 1 pcs Baking / Oil Spray
- 1 pinch Salt & Pepper
- 2 tbs Chilli Crab Sauce
- 1 tbs Pea Sprouts
- 1 tsp Peanuts, roasted & ground

1. Food Preparation

Season the crab with salt and pepper. Spray the crab with the oil and place it together with the frozen bun on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray and serve. Garnish with the remaining ingredients.