

Sha Sha Shuk



eikon® e1s

01:45

This recipe is available for:

- eikon® e1s

Accessories:

Earthenware Bowl

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

Stage 1

- 01:00
- 50 %
- 100 %

Stage 2

Add the Egg

- 00:45
- 10 %
- 100 %

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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.