

Chinese Fried Rice with Grapefruit and Sakura Shrimp



eikon® e1s

01:45

This recipe is available for:

- eikon® e1s

Accessories:

Half Size Deeper Cooking Tray 32Z4097 (Red), 32Z4098 (Green), 32Z4099 (Blue)

PROFILE

- 260 °C
- Chilled 4°C
- 1 Portion
- Partially Cooked

Stage 1

- 01:15
- 90 %
- 50 %

Stage 2

Fill the Rice into Grapefruit and add Cheese on top

- 00:30
- 100 %
- 50 %

RECIPE

Ingredients

1	pcs	Grapefruit
120	g	Fried Rice (chilled)
10	g	Sakura Shrimps
30	g	Corn
30	g	Carrots diced
20	g	Grapefruit Pulp
1	slice	Cheese any preferred

1. Food Preparation

Cut the upper part (like a lid) off the grapefruit and remove the pulp with a spoon. Keep the grapefruit and the lid aside. Mix the rice with the shrimps, grapefruit pulp, corn and carrots and place that mixture on the cooking tray. After cooking stage 1 remove the tray from the oven and fill the mixture into the grapefruit and place the cheese on top. Place the grapefruit on the tray and continue with cooking stage 2.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray and serve garnished with the lid.