

# Vegan fried "scallop" with wakame salad

Cuisine: Japanese

Food category: Vegan dishes



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## Program steps

### 1 Sous-vide Garen

Steaming

Termination by time

00:25 hh:mm

85 °C

+ 50 %

### 2 Grillen

Combination

20 %

Termination by time

00:04 hh:mm

220 °C

+ 80 %

## Ingredients - number of portions - 10

| Name                 | Value | Unit |
|----------------------|-------|------|
| King Oyster Mushroom | 800   | g    |
| vegetable broth      | 500   | ml   |
| dry white wine       | 120   | ml   |
| nori algae           | 20    | g    |
| miso paste           | 20    | g    |
| alba oil             | 75    | ml   |

## Directions

1. Cut the stems of the king oyster mushroom into 2 cm thick medallions and make crosswise cuts at the top. Mix everything well except the mushrooms, then vacuum seal with the mushroom medallions and leave to marinate overnight. The next day cook sous-vide at 85°C in steam mode for 25 minutes. Remove from the bag and drain well. 2. Marinate the medallions with the oil and grill in the combi steamer on a coated grill plate with a BBQ pattern for 3-4 minutes at 220°C combi steam with a humidity of 20% and a fan speed of 80%. Wakame salad is suitable as a side dish here. 3. Wakame salad: Mix all the ingredients together and season to taste.

| Name                                   | Value | Unit |
|--|-------|------|
| wakame                                 | 80    | g    |
| sea spaghetti                          | 40    | g    |
| rice vinegar                           | 90    | ml   |
| sesame oil                             | 100   | ml   |
| lime juice                             | 30    | ml   |
| ginger root, peeled and finely chopped | 15    | g    |
| cloves garlic, finely chopped          | 2     | pcs  |
| granulated sugar                       | 30    | g    |
| fresh chili                            | 5     | g    |
| roasted sesame                         | 20    | g    |
| Coriander leaves, finely chopped       | 20    | g    |
| young romaine lettuce                  | 50    | g    |

| Name     | Value | Unit |
|----------|-------|------|
| cucumber | 300   | g    |

## Nutrition and allergens

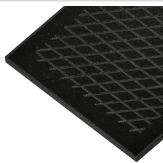
Allergens:

Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, E, K, Kyselina listová

| Nutritional value of one portion | Value   |
|----------------------------------|---------|
| Energy                           | 81.6 kJ |
| Carbohydrate                     | 9.1 g   |
| Fat                              | 1.5 g   |
| Protein                          | 5.1 g   |
| Water                            | 0 g     |

Recommended accessories



Vision Grill