


Roasted Spiced Pleurotus eryngii

Cuisine: Chinese
Food category: Vegetables




Author: Gary CHIU
Company: Retigo Asia





Program steps


Preheating: 265 °C


1


 Combination


 30 %

 Termination by time

 06:00 mm:ss

 250 °C

 90 %



Ingredients - number of portions - 10

Name	Value	Unit
King Oyster Mushroom	500	g

Name	Value	Unit
minced garlic	30	g
dried thyme	5	g
basil	5	g
ground black pepper, ground	3	g
sea-salt	3	g
olive oil	20	ml

Directions

- ◇ Pleurotus eryngii, cut to size, length 4cm x width 1.5cm
- ◇ Mix olive oil evenly before roasting, put it on the baking tray and cook directly
- ◇ There is no need to preheat the baking pan, and the baking effect can be directly achieved at 250°C
- ◇ After absorbing oil, the mushrooms are baked at high temperature to achieve a crispy taste and air-fried effect
- ◇ Season after being out of the oven, otherwise the high temperature will roast the seasoning spices to give a burnt bitter taste

Nutrition and allergens

Allergens: Minerals: Ca, Fe, K, Mg Vitamins: A, B6, C, D, E, K	
Nutritional value of one portion	Value
Energy	23.9 kJ
Carbohydrate	2.2 g
Fat	0.2 g
Protein	2.1 g
Water	0 g

Recommended accessories



Vision Grill Diagonal



Vision Grill



Vision Express Grill