


# steamed frozen buns

Cuisine: Chinese  
Food category: Pastry



Author: Gary CHIU  
Company: Retigo Asia



## Program steps

Preheating: 99 °C

1

 Steaming

 Termination by time

 12:00

mm:ss

 99 °C

 50 %



## Ingredients - number of portions - 1

Name	Value	Unit
frozen buns	60	g

## Nutrition and allergens

Allergens:  
Minerals:  
Vitamins:

Nutritional value of one portion	Value
Energy	180.6 kJ
Carbohydrate	36 g
Fat	1.8 g
Protein	4.8 g
Water	0 g

## Directions

- ◇ There is no need to thaw in advance when making frozen steamed buns, which simplifies pre-work and reduces scrap
- ◇ Use the perforated plate to steam frozen steamed buns, the water vapor convection effect is good, and the efficiency is good
- ◇ Mantou is a baked noodle product, and the density of frozen ingredients is lower than that of meat, so it can be steamed directly
- ◇ High-pressure saturated water vapor, water molecules are fine and penetrable, fast without thawing

## Recommended accessories



GN container Stainless steel perforated



Vision Frit



Stainless wire shelving