Stuffed shiitake mushrooms with prawns

מתכון מאת V-ZUG Ltd.



Preparation	1 Hrs
Resting time	2 Hrs
Cooking time	9 Mins
מנות	4
התקן	Combair-Steam SL from 2015

Prawns

150 g prawns, raw, peeled and deveined

1 tsp salt

Put the prawns in a sieve. Sprinkle over the salt and gently work in by hand. Rinse under cold running water, drain and wrap in a clean kitchen cloth. Refrigerate for 2 hours.

¼ tsp salt

¼ tsp sugar

Lay the prawns on a board, cut them in half lengthwise and chop into small pieces. Put the chopped prawns in a large bowl. Add the sugar and salt and leave to work briefly.

1 egg white

¼ tsp cornflour

Add the egg white and cornflour. Mix the mixture until it has a sticky consistency. Then beat the air out of the mixture by hand.

Mushrooms

8 shiitake mushrooms, fresh, each about 30–40 g

10 g pork back fat, bacon (optional)

20 g water chestnuts, fresh or canned

20 g Chinese celery, celery (optional)

¼ tsp white pepper, ground

Salt

Remove the stalks from the mushrooms, then finely dice. Finely chop the pork fat and the celery. Peel and finely slice the water chestnuts.

Heat the pork fat in a pan. When hot, add and sauté the water chestnuts, celery and diced mushroom stalks. Allow to cool, then stir into the prawn mixture. Season with salt and pepper. Spoon the prawn and vegetable mixture into a piping bag with a large round nozzle.

2 tbsp soy sauce, mild

½ tsp cornflour

½ tsp water

(Pre-)heat cooking space to 100 °C with Steaming

Mix the mushroom caps and soy sauce together. Mix the cornflour and water together and brush on the underside of the mushroom caps. Next, stuff the mushroom caps with the prawn and vegetable mixture, smoothing the top with clean, wet fingers or a palette knife. Place the stuffed mushroom caps in the cooking tray.

Put the cooking tray on to the wire shelf in the preheated cooking space. Steam.

Put the food in

Steaming 100 °C for 9 Mins

1 tbsp rapeseed oil

Heat the oil in a pan until it starts to smoke and drizzle over the stuffed mushroom caps just before serving.

עצות

The prawn mixture can be prepared using a food processor.

Serve with rice.

אביזרים

Perforated cooking tray ⅓ GN, depth 40 mm

Wire shelf

מידע נוסף

הופק ביום	11.12.2019