



STEAMED FENNELS



Tested on model:
CDT-111E



Weight before cooking:
4.450 g
Weight after cooking:
4.260 g



Servings:
45



Recommended tray:
punched t. GN 1/1



Total time:
15'

PHASE									
1		100%	100	15'	---	---	L	Si	C
2									
3									
4									
5									
6									

INGREDIENTS

Fresh fennels: 5.000 g
Lemon juice: 50 g

PREPARATION

Remove the external part of fennels and adjust the bottom. Cut fennels in halves, then 4-5 slices from every half and put them in a solution with water and lemon juice.

Preheat the oven and then cook following the parameters.

Chill the product at the end of the cooking.