



STEAMED GREEN BEANS



Tested on model:
CDT-111E



Weight before cooking:
4.500 g
Weight after cooking:
4.230 g



Servings:
30



Recommended tray or
grill:
4 stainless steel punched
t. GN 1/1 20 mm



Total time:
18'

PHASE									
1		99%	100°	18'	---	---	L	YES	C
2									
3									
4									
5									
6									

INGREDIENTS

Fresh green beans: 4.500 g

PREPARATION

Top and tail green beans and put in cold water for some minutes.

Preheat the oven.

Drain green beans, spread them evenly on the trays and cook following the parameters.
At the end of the cooking chill at temperature above 0 °C.

Green beans can be served as a dish or used to decorate other preparations.