



# STEAMED CARROTS



Tested on model:  
CDT-111E



Weight before cooking:  
3.750 g  
Weight after cooking:  
3.450 g



Servings:  
25



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



Total time:  
11'

PHASE									
1		99%	100°	11'	---	---	L	YES	C
2									
3									
4									
5									
6									

## INGREDIENTS

Fresh carrots: 3.750 g

## PREPARATION

Peel the carrots and cut them into 5-mm-thick slices.

Preheat the oven.

Place the slices on the trays and cook following the parameters.  
After cooking, chill at positive temperature.

Steamed carrots can be served au naturel, au gratin or sautéed as side dish or garnish.