

# Chinese Steamed Egg Custard

Recipe recommended by ANISSA LEE  
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## MACRONUTRIENT VALUES PER 100G

| Nutritional values per 100g |          |     |
|-----------------------------|----------|-----|
|                             | PER 100G | %RI |
| Energy (kj)                 | 225kj    | 3%  |
| Energy (kcal)               | 52kcal   | 3%  |
| Fat                         | 3.6g     | 5%  |
| of which saturates          | 0.9g     | 5%  |
| Carbohydrate                | 0.5g     | 0%  |
| of which sugars             | 0g       | 0%  |
| Fibre                       | 0g       | 0%  |
| Protein                     | 4.9g     | 10% |
| Salt                        | 0.83g    | 14% |

Generated by Nutritics v5.61 on 27/08/2022

### INGREDIENTS: (Serves 2 - 165kcal per 307g serving)

4 Medium **EGGS** (approximately 228g)  
375g Vegetable stock (**CELERY**, **GLUTEN**)

### OPTIONAL EXTRAS:

1 Tablespoon Sesame oil (**SESAME**)  
1 Tablespoon Chives  
1 Tablespoon Soy sauce (**SOYA**) (**GLUTEN**)

### METHOD:

1. Slowly mix the vegetable stock in with the eggs.
2. Carefully pour the eggs through a fine mesh strainer and evenly divide into two bowls. The strainer will catch any larger pieces of the egg, as well as break apart much of the bubbles or foam that may have formed. If you have the time, allow the egg to sit for a few minutes so any remaining bubbles on the surface pop.
3. Cover the eggs with aluminium foil. This is to prevent any water droplets from the steamer from falling directly onto the eggs, making the surface of the steamed eggs rough.
4. Gently place the bowls onto a prepared steamer. Steam over low heat until the eggs are set, about 10-14 minutes, depending on the shape and depth of your bowls. For reference, in the photos, the eggs were steamed for 12 minutes.
5. Carefully remove from steamer and garnish with desired toppings. Serve warm.

### ALLERGENS



EGGS



CELERY



SESAME



GLUTEN



SOYA

### MODIFY

### CREDIT

Recipe by: The Worktop  
Photo by: The Worktop