

# 3 Flavoured Seafood - Sweet, Sour & Spicy



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# This recipe is available for:

Convotherm mini

#### Accessories:

1/1 GN Granite enamelled tray, 40 mm deep, 3004034

R O F I





1 Full Tray



From Scratch



Steam



\$ 2

Stage 1 100 °C

## Ingredients

300 g

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200	g	Cooking Oil
5	g	Clove
10	g	Cinnamon
5	g	Cardamom
25	g	Dried Chilli
75	g	Garlic
40	g	Ginger
250	g	Shallot
225	g	Chilli Sauce (Maggi)
150	g	Tomato Sauce (Maggi)
500	ml	Water
25	g	Salt
25	g	Sugar
30	g	Coconut Sugar
3	pcs	Lemon Jouce
120	g	Tumeric Powder
300	g	Grouper Fish (Cut 1" cube)
300	g	Squid (Cut 2" size)

Prawn (clean keep shell on)

Mussel (clean keep shell on)

#### 1. Food Preparation

SAUCE: 1. In a food processor, combine dried chili, garlic, ginger, and shallot. Blend at high speed until finely mixed. You may add water to facilitate blending. 2. Heat oil in a pot over medium heat. Add cloves, cinnamon, and cardamom. Fry until fragrant, about 8 minutes. 3. Combine the blended mixture from step 1 with the pot from step 2. Add water, tomato and chili sauce, salt, sugar, coconut sugar, and lemon juice. Bring to a boil, then simmer for 10 minutes.

#### 2. Cooking Instruction

FISH: 1. Gut and clean the fish thoroughly. Butterfly cut the fish from the belly. 2. Evenly dust the fish with turmeric powder. 3. Lay the fish on a GN 1/1 Teflon coated aluminium tray and place in the combi oven

## 3. Food Serving Instruction

Serve in a bowl for 2 people.

Note: Information emanating from Welbilt is given after exercise of all reasonable care and skills in its compilation, preparation and issue, but is provided without liability in its application and use. All cooking settings are guides only. Adjust cooking settings to allow for differing product weights and start temperatures. Always ensure that food save core temperature has been achieved prior to service.