

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

P R O F I L E

-  Chilled 4°C
-  1 Full Tray
-  From Scratch

Stage 1
100 °C

-  Steam
-  00:10 | -
-  2

R E C I P E

Ingredients

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 Juice
120 g	Tumeric Powder
300 g	Grouper Fish (Cut 1" cube)
300 g	Squid (Cut 2" size)
300 g	Prawn (clean keep shell on)
300 g	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.