www.convotherm.com



# Cod, pumpkin and aromatic coconut broth



<b>L</b> 20:07	
This recipe is available for: • Convotherm mini	
Accessories: 1/1 GN Stainless steel pans, unperforated, 40 mm deen .3004034	

OFILE

Chilled 4°C

1 Portion

From Scratch

## Ingredients

- Cod fillet (60-70g) 2 pcs Coconut milk cup 1 Tamarind juice 1 tbs 2 Fish sauce tbs Brown Sugar 1/2 tbs Galangal (Chopped) 1 tsp 1 tsp Lemongrass (Finely sliced)
- 1 tsp Red Shallot (Finely diced)

#### 1. Food Preparation

Stage 1 90 °C

- Mix coconut milk with galangal, red shallot, lemongrass, tamaring juice, brown sugar. Taste to preference. Place in a heat-proof container - Fillet cod and portion into 60-70g size - Cut Pumpkin and Cabbage into bite sizes

### 2. Cooking Instruction

- Set Convotherm 4 in Steam mode at 92c. - Place the broth container into the oven to heat up. - In the same setting, using tray timer steam Cod in the oven for 4 mins and vagetables for 7mins and 12 mins for the broth

#### 3. Food Serving Instruction

2 - Plate up and garnish with basil leaves

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.