

GOLDEN SNAPPER CURRY FISH HEAD



L 39:59

This recipe is available for:

- Convotherm mini

Accessories:

- 1/1 GN Stainless steel pans, unperforated, 40 mm deep, 3004034

PROFILE

- Chilled 4°C
- 0 Portions
- From Scratch

Stage 1
100 °C

- Steam
- 00:10 | -
- 2

RECIPE

Ingredients

| | |
|--------|---|
| 600 g | Golden Snapper Fish Head (Split up the head into half. Clean up without fish scale) |
| 30 ml | Cooking Oil |
| 10 pcs | Shallot (Finely chopped) |
| 2 pcs | Lemongrass (Pounded) |
| 20 pcs | Curry Leaves (Plug and clean) |
| 50 g | Young Ginger (finely chopped) |
| 1 pcs | Eggplant (Cut Batonette) |
| 5 pcs | Ladyfinger (Cut into 2" length) |
| 1 l | Think Coconut milk |
| 200 g | Thick Coconut cream |
| 50 g | Assam Paste (Mix with 100ml water and squeeze out juice) |
| 25 g | Seafood curry powder |
| 10 g | Turmeric powder |
| 5 g | Salt |
| 10 g | Light soy sauce |

1. Food Preparation

1. Prepare the sauce in a casserole pot by adding oil, shallot, lemongrass, ginger, curry leaves, curry powder, turmeric powder stir fry till fragrant. 2. Add eggplant and ladyfinger salt, soy sauce and stir well. Add thin coconut milk, assam juice and bring to boil. Set aside.

2. Cooking Instruction

3. Steam fish head per below cooking profile. 4. Throw away the liquid residue at bottom of tray. Add fish head into sauce and bring to boil. Add thick coconut milk, bring to boil and serve.

3. Food Serving Instruction

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