

Grilled Assam Pedas Black Cod





This recipe is available for: Convotherm mini

Accessories: 1/1 GN Grill grate with cross pattern, non-stick coating, Flat, 3055636

Chilled 4°C

1 Full Tray

From Scratch



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Ingredients

10

20

5

1

5

25

- 180 Black Cod (Chilean Seabass) g
 - g Assam Pedas Paste
 - g
 - Yellow Cherry Toamato g Baby Radish

Sweet Pea

- 2 g Micro Sprouts g
- 3 Salt g
- 10 Sugar g 5
 - Fish Curry Powder g
 - Vietnamese Mint g
- 20 Garlic g
 - Lemongrass g
- 15 Dark Palm Sugar q
- Dried chili (Soak in Hot Water) 10 g
- 7.5 Dried Prawn Paste (Belachan) a
- 20 g Cooking oil
- 50 Tamarind juice g

1. Food Preparation

Stage 1 210°C

For the Assam Pedas Paste, place all ingredients into a blender and mix them well until you have a smooth marinade. Wash the black cod and season with Assam Pedas Paste at least for 1 hour in the fridge. Preheat the Convotherm in convection air at 210c, together with the empty grill griddle. place the marinated cod together with the sweet pea on the hot griddle, and roast them for 5 min. In this time,

take a pan and place 2 tablespoons of Assam Pedas paste in it. Stir friev till fragrant and add in 50ml water, reduce till it's almost thick. Season with salt and sugar.

2. Cooking Instruction

Place the marinated cod with the grill marks up and add some of the sauce around it. Once the fish is grilled take it out of the Convotherm and serve directly.

3. Food Serving Instruction

You can serve this dish with some steamed or fried rice. Always preheat the grill griddle for short cooking items. So you will get better marks on the product, without overcooking it.

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