

Grilled Assam Pedas Black Cod



35:43

This recipe is available for:

- Convotherm mini

Accessories:

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

PROFILE

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

Stage 1
210 °C

- Convection
- 00:05 | -
- 2
- 3

RECIPE

Ingredients

180 g	Black Cod (Chilean Seabass)
10 g	Assam Pedas Paste
20 g	Sweet Pea
5 g	Yellow Cherry Tomato
2 g	Baby Radish
1 g	Micro Sprouts
3 g	Salt
10 g	Sugar
5 g	Fish Curry Powder
5 g	Vietnamese Mint
20 g	Garlic
25 g	Lemongrass
15 g	Dark Palm Sugar
10 g	Dried chili (Soak in Hot Water)
7.5 g	Dried Prawn Paste (Belachan)
20 g	Cooking oil
50 g	Tamarind juice

1. Food Preparation

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 fry 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.