

Mangalorean fish masala



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This recipe is available for:

Convotherm mini

Accessories:

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

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Chilled 4°C



1 Full Tray



From Scratch



, Convection



Sp.



Steam



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Stage 2

Ingredients 1 kg

300 g Onion 300 Tomatoes g 100 g Ginger, garlic, green chili paste pinch Mixed spiced 1 pinch Salt pinch Pepper 1 50 Green chilli

Sardines

1. Food Preparation

In a pan take coconut oil, add the curry leaves, add finely chopped onions, add the finely chopped ginger, garlic and green chillies roast for 15 min at convection mode and then add the spice paste. Preheat oven to 200 degrees. Lightly oil a shallow baking tray that will hold sardines' fish. Place the 1/3rd of the prepared onion-tomato mixture at the base of an oven dish. Place fish side by side in prepared baking dish, laying fish on their sides over the spice bed. Stuff insides of fish with a bit of the mixture, place the remaining tomato mixture over the fish.

2. Cooking Instruction

Bake for 20 mins until the top appears deep red coloured. Cook by spraying some oil or apply combi phase.

3. Food Serving Instruction

Serve along with green rice or chapati.

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

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