

Mangalorean fish masala



21:02

This recipe is available for:

- Convotherm mini

Accessories:

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

PROFILE

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

Convection

00:15 | -

1

Steam

00:20 | -

1

2

Stage 1
200 °C

Stage 2
200 °C

RECIPE

Ingredients

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

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.