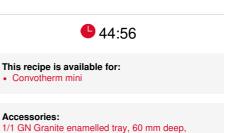


Steamed Barramundi Fish with Pineaple and Tumeric





Chilled 4°C Chilled 4°C 1 Portion From Scratch Steam Cit do 00:20 |-2

Ingredients

500 800-1000 200 20 4 20 4 2 100 100	ml g g g pcs pinch g g	Fish Stock Seabass Fish (clean, cut in pcs) Shallots Garlic Minced Fresh Turmeric Lemongrass Red Chill Bird's eye Chilli Red Onion
100	g	Red Onion
40 2	ml tbs	Tamarind Juice Salt & Pepper

1. Food Preparation

Stage 1 100 °C

- Clean the sebass, cut into portions - Blend all ingredients together. - (Knock) the lemongrass, bird's eye chilli - Cutt 1 pc of pinaapple to small cube size. - Fish Stock 500 ml. - Ready Tamarind juice in bowl. - Salt & Pepper to taste.

3013030

2. Cooking Instruction

- Preheat Convotherm 4 in Steam mode for 100c - Bring all the ingredients together with the fish, mix well. - Place in Convotherm Accessories Granite Enamelled tray (60mm) deep, mixe well . - add in fish stock with tamarind juice together untill it covers the fish, steam with cover.

3. Food Serving Instruction

- 4-6 pax

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.