

## Steamed Barramundi Fish with Pineapple and Tumeric



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This recipe is available for:

- Convotherm mini

Accessories:

1/1 GN Granite enamelled tray, 60 mm deep, 3013030

PROFILE

- Chilled 4°C
- 1 Portion
- From Scratch

Stage 1  
100 °C

- Steam
- 00:20 | -
- 2

RECIPE

### Ingredients

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

### 1. Food Preparation

- Clean the seabass, 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.

### 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 fist stock with tamarind juice together untill it covers the fish, steam with cover.

### 3. Food Serving Instruction

- 4-6 pax