

Thai Green Curry



L 29:15

This recipe is available for:

- Convotherm mini

Accessories:

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

PROFILE

- Chilled 4°C
- 1 Portion
- From Scratch

	Stage 1
Steam	60 °C
29:15 60 °C	
1	
	Stage 2
Steam	60 °C
00:30 -	
1	
	Stage 3
Steam	95 °C
00:06 -	
2	

RECIPE

Ingredients

- 2 pcs Chicken Tenderloin
- 1 tbs Green curry paste
- 1 cup Coconut cream
- 2 tbs Fish sauce
- 1 tbs Palm Sugar
- 3-4 pcs Bird's eyes chilli (Chopped)

1. Food Preparation

- Mix green curry paste with coconut cream, fish sauce, palm sugar, fresh chilli and kiffler lime leaf. Taste to preference. Place in a heat-proof container - Brine chicken tenderloin in 3% salt solutions for 2 hours - Prep seasonal vegetables to serving sizes (Brocoli, Cauliflower, Carrot)

2. Cooking Instruction

- Set Convotherm 4 in Steam mode at 60c. - Paddried Chicken tenderloin and cook sous-vide till core temp reaches 60c and hold for 30 mins - At the same time, place the container of sauce mixture into the oven to heat up to serving temperature - After cooked, remove chicken from the oven and set aside ready to be served - Steam the vegetables for 6 mins then remove from the oven, as well as the sauce - Plate up

3. Food Serving Instruction

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 types and sizes. Always ensure that food save core temperature has been achieved prior to service.