

Cod, pumpkin and aromatic coconut broth



 38:15




This recipe is available for:

- Convotherm maxx




Accessories:

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

PROFILE

-  Chilled 4°C
-  1 Portion
-  From Scratch

Stage 1
90 °C

-  Steam
-  38:15 | -
-  3

RECIPE

Ingredients

- | | | |
|-----|-----|----------------------------|
| 2 | pcs | Cod fillet (60-70g) |
| 1 | cup | Coconut milk |
| 1 | tbs | Tamarind juice |
| 2 | tbs | Fish sauce |
| 1/2 | tbs | Brown Sugar |
| 1 | tsp | Galangal (Chopped) |
| 1 | tsp | Lemongrass (Finely sliced) |
| 1 | tsp | Red Shallot (Finely diced) |

1. Food Preparation

- Mix coconut milk with galangal, red shallot, lemongrass, tamarind juice, brown sugar. Taste to preference. Place in a heat-proof container - Fillet cod and portion into 60-70g size - Cut Pumpkin and Cabbage into bite sizes

2. Cooking Instruction

- Set Convotherm 4 in Steam mode at 92c. - Place the broth container into the oven to heat up. - In the same setting, using tray timer steam Cod in the oven for 4 mins and vegetables for 7mins and 12 mins for the broth

3. Food Serving Instruction

2 - Plate up and garnish with basil leaves