

Steamed Barramundi Fish with Pineapple and Tumeric



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This recipe is available for:

- Convotherm maxx




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 | -
-  3

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