

Ribbon Fish Casserole



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This recipe is available for:

- Convotherm maxx

Accessories:

- 1/1 GN Stainless-steel rack, electropolished, Flat, 3001075

P R O F I L E

-  Chilled 4°C
-  1 Full Tray
-  From Scratch

R E C I P E

Ingredients

174.92 g	Ribbon Fish
49.9 g	Shallot
49.9 g	Garlic
100.07 g	Garlic Oil
1 pcs	Red Chilli
1 pcs	Coriander
30.05 g	Sliced Ginger
0 g	For the Sauce:
9.92 g	Pixian Chilli Sauce
20.13 g	Seafood Sauce
7.94 g	Peanut Butter
9.92 g	Oyster Sauce
9.92 g	Fine Shrimp Sauce
1.98 g	Sugar
1.13 g	Salt
9.92 g	Yellow Rice Wine
1.13 g	White Pepper Powder
1.13 g	Dark Soy Sauce
1.98 g	Sesame Oil
0 g	Chives

1. Food Preparation

Wash the Ribbon fish, soak in water for 5 minutes and then remove and dry with paper. Marinate with yellow rice wine, ginger and chives. For the sauce, mix together the pixian chilli sauce, seafood sauce, peanut sauce, oyster sauce, fine shrimp sauce, sugar, salt, yellow rice wine, white pepper powder, dark soy sauce, and sesame oil. Deep fry garlic and shallots slowly until golden brown and soft, make the compote and garlic oil. Marinate the fish in the sauce. Put the garlic and shallot compote in the bottom of the pot and top with the fish, pour in the garlic oil, and put in the oven.

2. Cooking Instruction

You also can use mackerel fish.

3. Food Serving Instruction

Garnish with sliced chilli and chives.