

# **Ribbon Fish Casserole**



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This recipe is available for: • Convotherm maxx

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

# Chilled 4°C

1 Full Tray

From Scratch

## Ingredients

177.18	g	Ribbon Fish
49.61	g	Shallot
49.61	g	Garlic
99.22	g	Garlic Oil
1	pcs	Red Chilli
1	pcs	Coriander
28.35	g	Sliced Ginger
0	g	For the Sauce:
7.09	g	Pixian Chilli Sauce
21.26	g	Seafood Sauce
7.09	g	Peanut Butter
7.09	g	Oyster Sauce
7.09	g	Fine Shrimp Sauce
7.09	g	Sugar
7.09	g	Salt
7.09	g	Yellow Rice Wine
7.09	g	White Pepper Powder
7.09	g	Dark Soy Sauce
7.09	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.

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 weights and start temperatures. Always ensure that food save core temperature has been achieved prior to service.