

3 Flavoured Seafood – Sweet, Sour & Spicy



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This recipe is available for:

- Convotherm 4
- Convotherm maxx pro

Accessories:

1/1 GN Granite enamelled tray, 40 mm deep, 3004034

P R O F I L E

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

Stage 1
100 °C

- Steam
- 00:10 | -
- 4

R E C I P E

Ingredients

200 g	Cooking Oil
5 g	Clove
10 g	Cinnamon
5 g	Cardamom
25 g	Dried Chilli
75 g	Garlic
40 g	Ginger
250 g	Shallot
225 g	Chilli Sauce (Maggi)
150 g	Tomato Sauce (Maggi)
500 ml	Water
25 g	Salt
25 g	Sugar
30 g	Coconut Sugar
3 pcs	Lemon Juice
120 g	Tumeric Powder
300 g	Grouper Fish (Cut 1" cube)
300 g	Squid (Cut 2" size)
300 g	Prawn (clean keep shell on)
300 g	Mussel (clean keep shell on)

1. Food Preparation

SAUCE: 1. In a food processor, add dried chilli, garlic, ginger, shallot. High speed blend till fine. May add water to help with blending. 2. Add oil in a pot and heat up to medium heat, add clove, cinnamon and cardamom. Fry till fragrant or about 8 min. 3. Add step 1 in to step 2. Add water, tomato and chilli sauce, salt, sugar, coconut sugar, lemon juice and water together. Bring to boil, simmer for 10min.
FISH: 1. Gut and clean fish thoroughly. Butterfly cut the fish from belly. 2. Dust fish with tumeric powder evenly. Lay fish on a GN 1/1 Teflon coated aluminium tray.

2. Cooking Instruction

SAUCE: 1. In a food processor, add dried chilli, garlic, ginger, shallot. High speed blend till fine. May add water to help with blending. 2. Add oil in a pot and heat up to medium heat, add clove, cinnamon and cardamom. Fry till fragrant or about 8 min. 3. Add step 1 in to step 2. Add water, tomato and chilli sauce, salt, sugar, coconut sugar, lemon juice and water together. Bring to boil, simmer for 10min.
FISH: 1. Gut and clean fish thoroughly. Butterfly cut the fish from belly. 2. Dust fish with tumeric powder evenly. Lay fish on a GN 1/1 Teflon coated aluminium tray.

3. Food Serving Instruction

For 2 people

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.