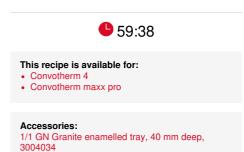
**CONVOTHERM**<sup>®</sup>

## 3 Flavoured Seafood – Sweet, Sour & Spicy





Chilled 4°C

1 Full Tray

From Scratch

C Steam 00:10 | -\$ 4

### Ingredients

300 g

-			
20	0 g	I	Cooking Oil
	5 g	J	Clove
1	0 g	1	Cinnamon
	5 g	1	Cardamom
2	5 g	I	Dried Chilli
7	5 g	1	Garlic
4	0 g	1	Ginger
25	0 g	I	Shallot
22	5 g	I	Chilli Sauce (Maggi)
15	0 g	l	Tomato Sauce (Maggi)
50	0 n	nl	Water
2	5 g	I	Salt
2	5 g	l	Sugar
3	0 g	I	Coconut Sugar
	3 р	CS	Lemon Jouce
12	0 g	I	Tumeric Powder
30	0 g	I	Grouper Fish (Cut 1" cube)
30	0 g	I	Squid (Cut 2" size)
30	0 g	1	Prawn (clean keep shell on)

# 1. Food Preparation

Stage 1 100°C

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

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

Mussel (clean keep shell on)