

GOLDEN SNAPPER CURRY FISH HEAD



🕒 02:06

This recipe is available for:

- Convotherm 4
- Convotherm maxx pro

Accessories:

1/1 GN Stainless steel pans, unperforated, 40 mm deep, 3004034

PROFILE

- ❄️ Chilled 4°C
- 🍴 0 Portions
- 🍲 From Scratch

Stage 1
100 °C

- 🌀 Steam
- 🕒 00:10 | -
- 🌀 4

RECIPE

Ingredients

600	g	Golden Snapper Fish Head (Split up the head into half. Clean up without fish scale)
30	ml	Cooking Oil
10	pcs	Shallot (Finely chopped)
2	pcs	Lemongrass (Pounded)
20	pcs	Curry Leaves (Plug and clean)
50	g	Young Ginger (finely chopped)
1	pcs	Eggplant (Cut Batonette)
5	pcs	Ladyfinger (Cut into 2" length)
1	l	Thick Coconut milk
200	g	Thick Coconut cream
50	g	Assam Paste (Mix with 100ml water and squeeze out juice)
25	g	Seafood curry powder
10	g	Turmeric powder
5	g	Salt
10	g	Light soy sauce

1. Food Preparation

1. Prepare the sauce in a casserole pot by adding oil, shallot, lemongrass, ginger, curry leaves, curry powder, turmeric powder stir fry till fragrant. 2. Add eggplant and ladyfinger salt, soy sauce and stir well. Add thin coconut milk, assam juice and bring to boil. Set aside.

2. Cooking Instruction

3. Steam fish head per below cooking profile. 4. Throw away the liquid residue at bottom of tray. Add fish head into sauce and bring to boil. Add thick coconut milk, bring to boil and serve.

3. Food Serving Instruction

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