Asian Spicy Steamed Seabass

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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

1 Piece

From Scratch

Stage 1
100 °C

Steam

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1

RECIPE

Ingredients

50	g	Coriander
1	pcs	Lemongrass
20	g	Chili Padi (Red)
40	g	Garlic
20	g	Ginger
10	g	Kaffir Lime Leaf
20	g	Lime juice
4	tbs	Light SoySauce
2	tbs	Fish Sauce
1	tbs	Caster Sugar
5	g	White Pepper Poder
50	ml	Water
1	pcs	Seabass (700g)

1. Food Preparation
Blended Asian Marinate Sauce - Blend all ingredients until it is coarse and watery - It can be kept in the fridge and served cold

2. Cooking Instruction
Preheat the combi oven to 100°C Seabass - descale and fillet the fish to “butterfly“ so that the fish can be plated nicely - Steam the fish in Convotherm oven for 11mins (approx.) - After the fish is cooked, evenly spread the fish with the Asian Marinate sauce and it is ready to be served.

3. Food Serving Instruction
1 pcs/ for 2 pax you can garnish with corriander/springonion

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.