

Cod, pumpkin and aromatic coconut broth



28:30

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 Portion
- From Scratch

Stage 1
92 °C

- Steam
- 28:30 | -
- 4

RECIPE

Ingredients

- 2 pcs Cod fillet (60-70g)
- 1 cup Coconut milk
- 1 tbs Tamarind juice
- 2 tbs Fish sauce
- 1/2 tbs Brown Sugar
- 1 tsp Galangal (Chopped)
- 1 tsp Lemongrass (Finely sliced)
- 1 tsp Red Shallot (Finely diced)

1. Food Preparation

- Mix coconut milk with galangal, red shallot, lemongrass, tamarind juice, brown sugar. Taste to preference. Place in a heat-proof container - Fillet cod and portion into 60-70g size - Cut Pumpkin and Cabbage into bite sizes

2. Cooking Instruction

- Set Convotherm 4 in Steam mode at 92c. - Place the broth container into the oven to heat up. - In the same setting, using tray timer steam Cod in the oven for 4 mins and vegetables for 7mins and 12 mins for the broth

3. Food Serving Instruction

2 - Plate up and garnish with basil leaves