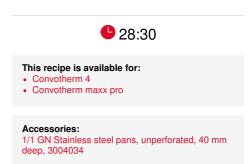
www.convotherm.com



Cod, pumpkin and aromatic coconut broth





合 Steam () 28:30 |-

\$ 4

Ingredients

Chilled 4°C 1 Portion From Scratch

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

1. Food Preparation

Stage 1 92 °C

- Mix coconut milk with galangal, red shallot, lemongrass, tamaring 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 vagetables for 7mins and 12 mins for the broth

3. Food Serving Instruction

2 - Plate up and garnish with basil leaves

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