



Whole steamed snapper

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制备过程
烘烤的时间：
烘烤时间取决于机器
电器

20 分钟
30 分钟

Comhair-Steam SE 自 2015 年

Marinade

- 1 lemongrass stalk
- 1 piece of ginger, small
- 1 bird's eye chilli
- 2 tbsp soy sauce, sweet
- 1 tbsp sesame oil
- 2 tbsp Shaoxing wine
- 1 tbsp sea salt flakes
- 1 tsp sugar
- 1 pinch of pepper

Finely chop the lemongrass stalk, the piece of ginger and the bird's eye chilli. Combine all the ingredients for the marinade and chill.

rice

- 200 g long-grain rice, e.g. Jasmine rice
- 250 ml water

Put the rice and water in the porcelain dish and place it on the perforated cooking tray in the cold cooking space. Steam.

在蒸汽期间为 **100 10 分钟**°C

Snapper

- 1½ kg red snapper, gutted and scaled
- 1 piece of ginger, medium-sized
- 1 bird's eye chilli
- ½ bunch of coriander
- 2 spring onions





Cut the ginger, chilli, coriander and spring onions into thin strips. Set the chilli, coriander and spring onion aside for garnishing the dish. Place the strips of spring onion on the stainless steel tray and lay the snapper on top. Brush marinade on both sides of the snapper and scatter over the ginger.

Put the stainless steel tray into the cooking space along with the rice. Continue to steam.

放入食物

在 蒸汽 期间为 **100 14 分钟**°C

pak choi

2 pak choi

1 tbsp sesame oil

salt

Wash the pak choi and cut the leaves from the stems. Drizzle over the sesame oil, season with salt and place on the perforated cooking tray next to the rice. Continue to steam.

添加成分

在 蒸汽 期间为 **100 6 分钟**°C

Arranging on a plate

5 tbsp peanut oil

Heat the peanut oil and take the snapper out of the cooking space. Drizzle the peanut oil over the snapper, garnish it and serve with the rice and pak choi.

配件

Stainless steel tray

Porcelain dish ⅓ GN, depth 65 mm

Perforated cooking tray, 430 × 370 × 25 mm

