Coconut, lime and chilli sea bass

食谱作者 V-ZUG 瑞族



制备过程	45 分钟
烘烤的时间：烘烤时间取决于机器	30 分钟
份	4
电器	Combair-Steam SE 自 2015 年

Preparation

2 tbsp coconut oil

1 tbsp curry paste, green

2 cm ginger

2 cloves of garlic

4 kaffir lime leaves

1 tbsp cane sugar

400 ml coconut milk

½ bunch of Thai basil

1 tbsp lime juice

3 tbsp desiccated coconut

Peel and grate the ginger. Peel and crush the cloves of garlic. Heat the oil and briefly sweat the curry paste, ginger and garlic.

Add the kaffir lime leaves, cane sugar and coconut milk, bring to the boil and simmer for 10 minutes. Next, add the basil and lime juice and leave to simmer for another 2 minutes. Remove the kaffir lime leaves, purée the sauce and strain through a sieve. Add the desiccated coconut.

200 g basmati rice

200 ml water

1 lemongrass stalk

Bruise the lemongrass stalk and put it in the porcelain dish (⅓ GN) along with the rice and water. Put the porcelain dish on the wire shelf in the cold cooking space. Cook.

在 蒸汽 期间为 **100** **20** 分钟°C

4 sea bass fillets, each about 150 g

200 g Thai asparagus

Salt

Pepper

Oil

Grease the porcelain dish with oil.

Place the fish in the porcelain dish (½ GN) and season with salt and pepper. Lay the asparagus on top. Pour over the sauce. Put the porcelain dish on the wire shelf next to the rice. Continue cooking.

放入食物

在 蒸汽 期间为 **100** **10** 分钟°C

Serve the fish with the rice and sauce.

配件

Porcelain dish ½ GN, depth 65 mm

Porcelain dish ⅓ GN, depth 65 mm

Wire shelf

附加信息

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