Steamed coral trout with ginger

מתכון מאת V-ZUG Ltd.



Preparation	30 Mins
Cooking time	18 Mins
מנות	4
התקן	Combair-Steam SL from 2015

Preparation

1 coral trout (also known as leopard coral grouper), about 650 g

100 g ginger

Salt

½ bunch of spring onions, green part

2 tbsp vegetable oil

4 tbsp fish soy sauce

1 bunch of coriander leaves

Descale and clean the coral trout. Salt the outside and inside of the fish. Place on the perforated stainless steel tray. Peel the ginger and cut into thin strips. Put half the ginger in the belly of the fish and scatter the other half over the fish.

(Pre-)heat cooking space to 80 °C with Steaming

Put the tray into the preheated cooking space. Steam.

Put the food in

Steaming 80 °C for 18 Mins

Cut the green of the spring onion into thin strips. Heat up the fish soy sauce in a small saucepan over a low heat. Heat the vegetable oil in another small saucepan until it starts to smoke.

When the fish is done, strain off the fish juices. Scatter the spring onion over the fish and slowly drizzle over the hot fish soy sauce.

Drizzle over the vegetable oil, sprinkle over the coriander leaves and serve the fish immediately.

אביזרים

Stainless steel tray

מידע נוסף

הופק ביום	11.12.2019