Caribbean fish curry

Рецепт від V-ZUG AT



готування	30 хв
Час	32 хв
готування	
Порції	2
Прилад	Combair-Steam SL з 2015 року

Rice and fish

300 g basmati rice

400 ml water

1 tsp salt

Put the basmati rice, water and salt into the porcelain dish (⅓ GN). Put the dish on the wire shelf in the cold cooking space at level 1. Steam.

Готування на парі 100 °C протягом 20 хв

350 g fish, e.g. skrei (North Atlantic cod)

2 tbsp olive oil

1 tsp curry paste

1 clove of garlic

Crush the garlic. Marinate the fish with the oil, curry paste and garlic. Put the marinated fish into the porcelain dish (½ GN). Place the dish on the perforated cooking tray and put into the cooking space, which is still hot, at level 3. Continue to steam.

Додати інгредієнти

Готування на парі 100 °C протягом 12 хв

Curry

1 mango

1 spring onion

2 cm ginger

3 tbsp curry paste

500 ml coconut milk

100 g tomatoes, chopped, or plum tomatoes

Peel the mango and chop up the flesh. Cut the spring onion into rings. Grate the ginger.

Bring the coconut milk and the curry paste to the boil. Add the mango, spring onion, ginger and tomato and simmer on a low heat.

Serve with the rice and fish.

Аксесуари

Porcelain dish ½ GN, depth 65 mm

Wire shelf

Porcelain dish ⅓ GN, depth 65 mm

Perforated cooking tray, 430 × 370 × 25 mm

Додаткова інформація

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