



Coconut, lime and chilli sea bass

Рецепт від V-ZUG AT



готування	45 хв
Час	30 хв
готування	
Порції	4
Прилад	Combair-Steam SL з 2015 року

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.

Готування на парі 100 °C протягом 20 хв

- 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.

Засунути страву для готування

Готування на парі 100 °C протягом 10 хв

Serve the fish with the rice and sauce.

Акcesуари

Porcelain dish ½ GN, depth 65 mm

Porcelain dish ⅓ GN, depth 65 mm

Wire shelf

Додаткова інформація

Складено

11.12.2019

