

Whole Fish Curry



eikon® e2s

02:45

This recipe is available for:

- eikon® e2s HP (2000W)

Accessories:

e1s/e2s Full Size Cooking Tray 32Z4080 (Black), 32Z4100 (Red), 32Z4093 (Green), 32Z4101 (Blue)
Ceramic Dish

P
R
O
F
I
L
E

- 275 °C
- Chilled 4°C
- 1 Portion
- From Raw

Stage 1

Place the Fish

- 01:45
- 100 %
- 20 %

Stage 2

Add the Curry

- 01:00
- 10 %
- 80 %

R
E
C
I
P
E

Ingredients

- 2 tbs Water
- 0.5 tsp Turmeric Powder
- 0.5 tsp Chilli Powder
- 0.5 tsp Plain Flour
- 0.5 tsp Salt
- 180 g Whole Red Snapper
- 40 ml Cooking Oil
- 5 pcs Fresh Curry Leaves
- 1 pcs Red Onion thinly sliced
- 1 pcs Red Chilli dried, cut in half
- 0.5 tsp Cumin Seeds
- 0.5 tsp Fenugreek Leaf dried & chrushed
- 0.5 tsp Mustard
- 1 tsp Ginger Garlic Paste
- 1 tbs Curry Powder
- 20 ml Tamarind Juice
- 100 ml Water
- 1 pcs Lady's Finger prefried, cut in half
- 0.5 pcs Tomato diced
- 1 pinch Salt
- 5 g Curry Leaf prefried
- 5 g Spring Onion Julienne
- 5 g Red Chilli Julienne

1. Food Preparation

Scale and clean the fish. Mix the turmeric powder, chilli powder, flour and the salt with water into a paste. Marinate the fish with the paste and chill it for at least 1 hour. For the Curry: Heat the oil in a pot and sear curry leaves, onions and dried chilli. When the onions are golden brown add cumin, fenugreek, mustard, ginger garlic paste, curry and let it roast for 1-2 minutes. Add tamarind juice and water and bring it to a boil. Lower the heat and add lady's finger, tomato and salt. Let it simmer for 1 minute and chill it. Place the fish on the tray and the curry in the bowl.

2. Cooking Instruction

Cook the fish and reheat the curry as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the tray and bowl and serve. Use the fried curry leave, spring onion and red chilli for garnish.

Note: Information emanating from this recipe is the exercise of all reasonable care and skills in its compilation, preparation and issue, but is provided without liability in its application and use. All cooking settings are guides only. Adjust cooking settings to allow for differing product weights and start temperatures. Always ensure that food save core temperature has been achieved prior to service.