



Caribbean fish curry

食谱作者 V-ZUG 瑞族



制备过程	30 分钟
烘烤的时间	32 分钟
时间：烘烤时间取决于机器	
份	2
电器	Combair-Steam SE 自 2015 年

Rice and fish

300 g basmati rice

400 ml water

1 tsp salt

Put the basmati rice, water and salt into the porcelain dish ($\frac{1}{2}$ GN). Put the dish on the wire shelf in the cold cooking space at level 1. Steam.

在蒸汽期间为 **100 20 分钟**°C

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 ($\frac{1}{2}$ 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.

添加成分

在蒸汽期间为 **100 12 分钟**°C

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.

配件

Porcelain dish 1/2 GN, depth 65 mm

Wire shelf

Porcelain dish 1/3 GN, depth 65 mm

Perforated cooking tray, 430 × 370 × 25 mm

附加信息

创建时间

11.12.2019

