Caribbean fish curry

Opskrift af V-ZUG Ltd



Tilberedning
Tilberedningstid
Portioner 2

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.

Dampning 100 °C i 20 Min.

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.

Tilsæt ingredienser

Dampning 100 °C i 12 Min.

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.

Tilbehør

Porcelain dish ½ GN, depth 65 mm

Wire shelf

Porcelain dish ⅓ GN, depth 65 mm

Perforated cooking tray, 430 × 370 × 25 mm

Yderligere oplysninger

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