Caribbean fish curry

מתכון מאת V-ZUG Ltd.



Preparation	30 Mins
Cooking time	32 Mins
מנות	2
התקן	Combair-Steam SL from 2015

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.

Steaming 100 °C for 20 Mins

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.

Add ingredients

Steaming 100 °C for 12 Mins

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.

אביזרים

Porcelain dish ½ GN, depth 65 mm

Wire shelf

Porcelain dish ⅓ GN, depth 65 mm

Perforated cooking tray, 430 × 370 × 25 mm

מידע נוסף

הופק ביום	11.12.2019