Whole steamed snapper

מתכון מאת V-ZUG Ltd.



Preparation	20 Mins
Cooking time	30 Mins
התקן	Combair-Steam SL from 2015

Marinade

1 lemongrass stalk

1 piece of ginger, small

1 bird's eye chilli

2 tbsp soy sauce, sweet

1 tbsp sesame oil

2 tbsp Shaoxing wine

1 tbsp sea salt flakes

1 tsp sugar

1 pinch of pepper

Finely chop the lemongrass stalk, the piece of ginger and the bird's eye chilli. Combine all the ingredients for the marinade and chill.

rice

200 g long-grain rice, e.g. Jasmine rice

250 ml water

Put the rice and water in the porcelain dish and place it on the perforated cooking tray in the cold cooking space. Steam.

Steaming 100 °C for 10 Mins

Snapper

1½ kg red snapper, gutted and scaled

1 piece of ginger, medium-sized

1 bird's eye chilli

½ bunch of coriander

2 spring onions

Cut the ginger, chilli, coriander and spring onions into thin strips. Set the chilli, coriander and spring onion aside for garnishing the dish. Place the strips of spring onion on the stainless steel tray and lay the snapper on top. Brush marinade on both sides of the snapper and scatter over the ginger.

Put the stainless steel tray into the cooking space along with the rice. Continue to steam.

Put the food in

Steaming 100 °C for 14 Mins

pak choi

2 pak choi

1 tbsp sesame oil

salt

Wash the pak choi and cut the leaves from the stems. Drizzle over the sesame oil, season with salt and place on the perforated cooking tray next to the rice. Continue to steam.

Add ingredients

Steaming 100 °C for 6 Mins

Arranging on a plate

5 tbsp peanut oil

Heat the peanut oil and take the snapper out of the cooking space. Drizzle the peanut oil over the snapper, garnish it and serve with the rice and pak choi.

אביזרים

Stainless steel tray

Porcelain dish ⅓ GN, depth 65 mm

Perforated cooking tray, 430 × 370 × 25 mm

מידע נוסף

הופק ביום	11.12.2019