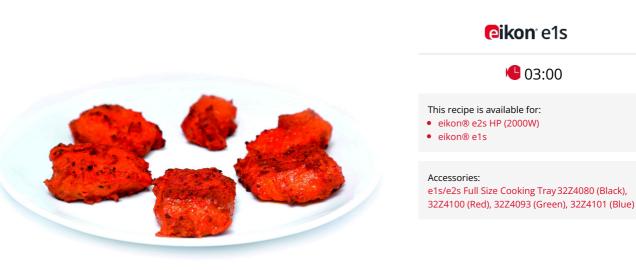


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## Fish tikka



|             | Stage 1          |
|-------------|------------------|
| Chilled 4°C | ( <u>)</u> 03:00 |
| 6 Pieces    | <b>₩</b> 100 %   |
| From Raw    | الله 25 %        |

| Ingredients |    | 5                             | 1. Food Preparation                                                                                                                                                                                                                                                                                                                                                                     |
|-------------|----|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 240         | g  | River Sole                    | Cut the fish into 6 equal pieces and marinate with ginger garlic paste, lemon juice, salt, mustard oil and red chilli powder and chill for 30 min. Make a marinade with curd, mustard, cumin powder, garam masala and fenugreek leaves. Squeeze the fish to drain excess water and marinate it again with the curd mixture and chill again for at least 1 hour. Place them on the tray. |
| 5           | g  | Ginger Garlic Paste           |                                                                                                                                                                                                                                                                                                                                                                                         |
| 20          | ml | Lemon Juice                   |                                                                                                                                                                                                                                                                                                                                                                                         |
| 5           | g  | Salt                          |                                                                                                                                                                                                                                                                                                                                                                                         |
| 20          | ml | Mustard Oil                   | 2. Cooking Instruction                                                                                                                                                                                                                                                                                                                                                                  |
| 10          | g  | Red Chilli Powder             | Cook as per oven profile.                                                                                                                                                                                                                                                                                                                                                               |
| 100         | g  | Hung Curd                     | 3. Food Serving Instruction<br>Remove the cooked food from the tray and serve.                                                                                                                                                                                                                                                                                                          |
| 20          | g  | Mustard                       |                                                                                                                                                                                                                                                                                                                                                                                         |
| 2           | g  | Cumin Powder                  |                                                                                                                                                                                                                                                                                                                                                                                         |
| 5           | g  | Garam Masala                  |                                                                                                                                                                                                                                                                                                                                                                                         |
| 2           | g  | Fenugreek Leaf dried&chrushed |                                                                                                                                                                                                                                                                                                                                                                                         |

Note: Information emanating from Welbilt is given after 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.