

## Fish tikka

**eikon® e1s**

**03:00**



This recipe is available for:

- eikon® e2s HP (2000W)
- eikon® e1s

Accessories:

e1s/e2s Full Size Cooking Tray 32Z4080 (Black), 32Z4100 (Red), 32Z4093 (Green), 32Z4101 (Blue)

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- 260 °C
- Chilled 4°C
- 6 Pieces
- From Raw

Stage 1

- 03:00
- 100 %
- 25 %

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### Ingredients

- 240 g River Sole
- 5 g Ginger Garlic Paste
- 20 ml Lemon Juice
- 5 g Salt
- 20 ml Mustard Oil
- 10 g Red Chilli Powder
- 100 g Hung Curd
- 20 g Mustard
- 2 g Cumin Powder
- 5 g Garam Masala
- 2 g Fenugreek Leaf dried&chrushed

### 1. Food Preparation

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.

### 2. Cooking Instruction

Cook as per oven profile.

### 3. Food Serving Instruction

Remove the cooked food from the tray and serve.