

Sambal Petai



eikon® e1s

01:15

This recipe is available for:

- eikon® e2s HP (2000W)
- eikon® e1s

Accessories:

Half Size Cooking Tray 32Z4090 (Black), 32Z4094 (Green)

P
R
O
F
I
L
E

- 260 °C
- Chilled 4°C
- 1 Portion
- From Raw

Stage 1

Place the Beans

- 00:45
- 10 %
- 100 %

Stage 2

Add the Prawns

- 00:30
- 100 %
- 60 %

R
E
C
I
P
E

Ingredients

- 10 g Shrimp Paste
- 10 ml Oil
- 15 g Garlic blended
- 10 g Ginger blended
- 50 g Red Chilli blended
- 50 ml Tamarind Juice
- 70 g Stinky Beans
- 30 g Prawns peeled
- 1 pinch Salt

1. Food Preparation

Sear the shrimp paste in a hot pan and keep aside. Add the oil in another hot pan and sauté the garlic and ginger until fragrant. Add the chilli and shrimp paste, cook for 5 minutes, add tamarind juice and cook for another 5-10 minutes. Chill the sauce for at least 1 hour. Mix the beans with the sauce. Salt the prawns. Place the beans and the prawns each on one of the 2 trays.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the cooked food from the trays and serve.