Sweet and Sour Fish

eikon e2s

00:40

This recipe is available for:
- eikon® e2s HP (2000W)
- eikon® e1s

Accessories:
1/2L Container 1/6GN 32Z4119

PROFILE

275 °C
Chilled 4°C
1 Portion
From Raw

Stage 1	Stage 2
Place the Fish	Add the Sauce & Pineapples
00:20	00:20
100 %	100 %
100 %	100 %

RECIPE

Ingredients

180	g	Red Snapper Fillet
1	pinch	Salt
1	pinch	White Pepper Powder
2	tbs	Cooking Oil
2	tbs	Rice Flour finely ground
20	g	Red Pepper
20	g	Green Pepper
20	g	Yellow Pepper
20	g	Onions
50	g	Pineapple ripe
30	g	Tomato Ketchup
1	tsp	White Vinegar
1	tsp	Lime Juice
60	ml	Water
10	g	Sugar
20	g	Green Leaves
5	g	Spring Onion Julienne
5	g	Coriander

1. Food Preparation

Cut the fish into strips and marinate them with salt, pepper, oil and rice flour and chill for 30 minutes. Cut the peppers, onion and pineapple in cubes. Heat oil in a pan and sear the peppers, onion and half of the pineapple cubes until fragrant. Add the ketchup, vinegar, lime juice and water and bring it to a boil. Season with salt, pepper and sugar to achieve a balanced Sweet&Sour taste. Chill the sauce. Place the fish in the container.

2. Cooking Instruction

Cook as per oven profile, pour the sauce over the fish and add the other half of the pineapples after the first step.

3. Food Serving Instruction

Remove the cooked food from the container and serve. Use the green leaves, spring onions and coriander as garnish.

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.