


Sweet and Sour Fish



eikon® e1s

 01:20





This recipe is available for:

- eikon® e2s HP (2000W)
- eikon® e1s

Accessories:




1/2L Container 1/6GN 32Z4119

P
R
O
F
I
L
E

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




Stage 1

Place the Fish

-  00:40
-  100 %
-  100 %

Stage 2

Add the Sauce & Pineapple

-  00:40
-  100 %
-  100 %

R
E
C
I
P
E

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.