

Mango Prawns with Yam Nest

eikon® e1s

 00:55

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
-  1 Portion
-  From Raw




Stage 1

Place the Prawns

-  00:40
-  100 %
-  50 %

Stage 2

Add the Yam Nest

-  00:15
-  100 %
-  0 %

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Ingredients

- 9 pcs Giant Prawns
- 1 tbs Onion Brunoise
- 1 pinch Salt
- 1 pinch White Pepper Powder
- 1 tbs Oil
- 1 tsp Sesame Oil
- 0.5 pcs Sweet mango ripe
- 1 tsp Lime Juice
- 3 pcs Cucumber Slices
- 1 tsp Black Pepper crushed
- 1 pcs Yam Nest

1. Food Preparation

Shell the prawns except the tail shell and butterfly cut the meat. Marinate the prawns with onion, salt, white pepper and both oils and store it in a fridge. Peel the mango and cut into cubes. Place the prawns on the tray.

2. Cooking Instruction

Cook as per oven profile. Add the yam nest after the first step.

3. Food Serving Instruction

Remove the cooked food from the tray and serve. Mix the prawns with half of the mango and the lime juice and fill it into the yam nest. Use the other half of mango, cucumber and black pepper as garnish.