

Fish en Papillote with Chinese Soy Sauce



eikon® e1s

02:00

This recipe is available for:

• eikon® e1s

Accessories:

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

PROFILE

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

Stage 1

- 02:00
- 10 %
- 100 %

RECIPE

Ingredients

- | | | |
|-----|-----|-----------------------|
| 100 | g | Fish fillet white |
| 3 | pcs | Shitake mushroom |
| 4 | pcs | Asparagus green |
| 1 | tsp | Ginger (sliced) |
| 1 | tsp | Spring Onion (sliced) |
| 1 | tbs | Soy sauce (Light) |
| 1 | tsp | Chinese rice wine |
| 1 | tbs | Mirin |
| 1 | tsp | Canola oil |
| 1 | tsp | Red Chillies (sliced) |

1. Food Preparation

Wash and trim the mushroom and asparagus into preferred sizes. Slice the ginger and spring onion into very fine strips. Mix the soy sauce, rice wine, mirin and oil in a bowl. Adjust the taste to suit your liking. Cut a piece of baking parchment into 30-40 cm (12-16 inches) size. Lay the mushrooms, asparagus, fish fillet, half of the spring onions and ginger (keeping the other half back for garnish) onto the paper. Fold the edges of the baking paper over to meet each other and then fold the edges to create a seal. Stop at half way. Pour in soy sauce mixture into the parcel and then finish folding the parcel. Place the parcel on the tray.

2. Cooking Instruction

Cook as per oven profile.

3. Food Serving Instruction

Remove the parcel from the tray, carefully cut off the parcel and plate the fish and vegetables. Garnish with left over ginger, spring onions and red chilli.