

Steamed prawns in mustard sauce

Cuisine: **Indian**
Food category: **Fish**



Author: **Jaroslav Mikoška**

Company: **Retigo**



Program steps

Preheating: 205 °C

1

 Golden touch

 180 °C

 50 %

2

take out the spices

 Steaming

 Termination by time

 00:05 hh:mm

 80 °C

 50 %



Ingredients - number of portions - 8		
Name	Value	Unit
shrimps, peeled and cleaned	24	pcs
ginger root, peeled and finely chopped	50	g
chili powder	2	g
mustard seed	3	g
poppy seeds	5	g
grated coconut	50	g
mustard oil	10	ml
whole black pepper	6	pcs
white peppercorns	6	pcs
cinnamon stick	1	pcs
turmeric	3	g

Nutrition and allergens	
Allergens: Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Pektin, Se, Zn Vitamins: A, B, C, E, K, Kyselina listová	
Nutritional value of one portion	Value
Energy	53.7 kJ
Carbohydrate	2.1 g
Fat	4.5 g
Protein	0.8 g
Water	0 g

Directions

- Set the oven on dry heat at 180°C using Golden Touch Function.
- Soak the mustard seeds and poppy seeds for 30 minutes.
- Dry roast the white and black peppercorns along with the cinnamon stick.
- Finely grind the spices using a pestle and mortar.
- Once soaked, also grind the mustard and poppy seeds with the chilies, ginger and salt.
- Use the above mixture to run over the prawns.
- Combine the roast spice mix with the turmeric powder, scraped coconut and a bit of water. Grind to a creamy texture and finish with mustard oil.
- Set the oven on steam at 80°C.
- Pour the creamy turmeric and coconut mix over the prawns and steam for 5 minutes, or until the prawn has cooked.

Recommended accessories



Vision Pan



GN container Stainless
steel full