


Glaze Snake Head fish with black pepper and coconut juice

Cuisine: South-East Asian
Food category: Fish







Author: Myat Ko ko


Program steps


Preheating: 190 °C


1


 Combination


 30 %

 Termination by time

 00:20 hh:mm

 200 °C

 100 %



Ingredients - number of portions - 10		
Name	Value	Unit
Snake Head fish	1.5	kg
Minced Garlic	30	g
sugar	20	g
Coconut juice	500	ml
Fish sauce	50	ml
Black Pepper	10	g
Red chilli slice	10	g

Nutrition and allergens	
Allergens:	
Minerals:	
Vitamins:	
Nutritional value of one portion	Value
Energy	8 kJ
Carbohydrate	2 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

Marinate the fish with fish sauce, sugar, mine garlic and refrigerate for 30 minutes.

Place the fish in the vision pan and sear for 5 minutes. Add coconut juice and braised for 15 minutes.

Add slice red chill before it's done.

Once cooked sprinkle with black pepper crose.

Recommended accessories



Vision Pan