

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: Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Zinc

Vitamins: Folate, Niacin, Riboflavin, Thiamin, Vitamin A, Vitamin B6, Vitamin C, Vitamin K

Nutritional value of one portion	Value
Energy	172.9 kJ
Carbohydrate	3.7 g
Fat	6.8 g
Protein	30.3 g
Water	115.3 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.



Vision Pan