

Steamed prawns in mustard sauce

Cuisine: Indian

Food category: Fish



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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
dried chili flakes	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

Directions

1. Set the oven on dry heat at 180°C using Golden Touch Function.
2. Soak the mustard seeds and poppy seeds for 30 minutes.
3. Dry roast the white and black peppercorns along with the cinnamon stick.
4. Finely grind the spices using a pestle and mortar.
5. Once soaked, also grind the mustard and poppy seeds with the chilies, ginger and salt.
6. Use the above mixture to run over the prawns.
7. 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.
8. Set the oven on steam at 80°C.
9. Pour the creamy turmeric and coconut mix over the prawns and steam for 5 minutes, or until the prawn has cooked.

Nutrition and allergens

Allergens:

Minerals: Ca, Cu, Fe, K, Mg, Mn, Na, P, Pektin, Se, Zn

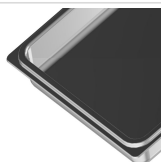
Vitamins: A, B, C, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	54.6 kJ
Carbohydrate	2.1 g
Fat	4.5 g
Protein	0.8 g
Water	0 g

Recommended accessories



Vision Pan



GN container Stainless steel full