

Steam garoupa with light soy sauce

Cuisine: South-East Asian

Food category: Fish



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Program steps

Preheating: 100 °C

1

 Steaming

 Termination by time

 00:15 hh:mm

 99 °C

 50 %



Ingredients - number of portions - 10		
Name	Value	Unit
Whole garoupa	2	kg
Ginger slice	70	g
Spring onions	100	g
Light soy sauce	75	ml
Chinese Hua teow wine	50	ml
sugar	25	g
Salt	10	g
Shallots oil	100	ml

Directions

Please the ginger and spring onions under the fish on the plate.

Mixed all the sauce together and boiled it and put aside.

Place the plated fish on top of the stainless steel grid and cook for 15 minutes.

When it's cook pour the sauce and hot shallots oil over the fish and ready to serve.

Nutrition and allergens	
Allergens: Fish, SOY	
Minerals: Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium, Sodium: 38758 mg	
Vitamins: B12, D, Folate, Vitamin A, Vitamin C, Vitamin K	
Nutritional value of one portion	Value
Energy	238.8 kJ
Carbohydrate	4.5 g
Fat	8.1 g
Protein	40.3 g
Water	164.7 g

Recommended accessories



Stainless wire shelving