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COMBI STEAM WHOLE FISH

When steaming whole fish in the Combi-Steam oven, select the solid pan or use an oven-safe casserole dish. Then add the aromatics you wish to use to flavor the fish together with just enough water to cover the base of the pan and maybe even a splash of wine if appropriate. The cooking time will be a little longer than when fish is steamed over boiling water, but the succulent results are well worth the extra 8 - 10 minutes of cooking time.

Cooking the Fish

2 whole tilapia or striped sea bass, scales and fins removed
1" piece of fresh ginger, thinly sliced
2 scallions, thinly sliced into 2" long diagonal strips
1 lemon, thinly sliced
2 tbsp soy sauce
2 tbsp sesame oil



Combi Steam Whole Fish

Serving the Fish

1 small red Jalapeno chili pepper, cut into very thin circles
2 scallions, thinly sliced into 2" long diagonal strip
4 tbsp sesame oil, heated

Place the fish on a platter and sprinkle the reserved scallions and chili pepper over the fish.

Heat the sesame oil until sizzling then pour it over the fish.

Preparation

Heat the oven in the Steam mode, 100% Humidity, 212 Degrees

Pour about $\frac{1}{4}$ - $\frac{1}{2}$ a cup of water into the solid Combi-Steam oven Pan.

Cut a few diagonal slits in the fish and place the fish in the prepared pan.

Place the lemon and ginger slices in the slits and put any remaining slices in the belly together with the scallions.

Pour the soy sauce over the fish then drizzle the sesame oil over the fish. Place in the oven and cook for 15 - 20 minutes until the fish flakes easily from the bone.

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