

Steamed Fish with Tamarind and Ginger sauce

A complete meal in one for 4 people using one bowl and cooked in less than 25 minutes.

Serves: 4

Preparation time: 10 minutes

Cooking time: 21 minutes

Ingredients

4 fillets of fresh fish, firm white
Vegetables for steaming, e.g. julienne carrots, mange tout, baby corn

300g rice, basmati
900g water

Sauce

6 spring onions, cut into pieces
1 fresh green chilli
3 cloves garlic, peeled
2cm piece of ginger, peeled
1 Tbsp grape seed oil, or other oil
1 tsp sugar
1 tsp tamarind paste
2 Tbsp fish sauce
50g water

Method

- Place rice in steaming basket, rinse and place inside TM bowl. Add water. Place lid on TM bowl. Brush Varoma tray lightly with oil and arrange fish on tray. Position Varoma onto TM lid.
- Steam fish and rice **13 min/Varoma/speed 2**. Add vegetables to Varoma dish. Continue cooking fish, rice and vegetables a further **5 min/Varoma/speed 2**.
- Remove fish, rice and vegetables from Varoma and keep warm. Discard water and dry TM bowl.
- Sauce – place spring onions and chilli in TM bowl.
- Chop **5 sec/speed 3**. Set aside.
- Place garlic and ginger in TM bowl. Chop **5 sec/speed 8**. Scrape down sides of bowl. Add oil. Sauté **2 min/100°C/speed 1**.
- Add remaining sauce ingredients including spring onion and chilli. Cook **3 min/100°C/speed 3**.
- Place rice on plate, arrange fish and vegetables attractively and spoon sauce over the top.
- Serve with yeast-free crackers, recipe to follow next week.

Cook's notes

- • If you have an allergy to shellfish, substitute the fish sauce with soya sauce. You may also add a dash of lime juice. Another option is a small amount of Worcestershire sauce.
- • May use pickled chilli instead of fresh. Alter the quantity of chilli to taste.
- • If using frozen fish and long grain rice, steam a further 10 minutes.

Shelagh Harrop and Sue Pace, consultants in Cape Town, made this dish at one of the cookery classes Shelagh organises at Silwood Kitchen. These classes are fun, informative and creative. For more information on our Thermomix classes, contact the office on 011 974 1171 or check out the website www.sathermomix.com.



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