

FISH PARCELS WITH A VEGETABLE DIP.



USED BRESC PRODUCTS



Chopped shallot 1000g



Dutch garlic Beamster
garlic puree 450g



Garlic chopped 1000g



Garlic chopped 450g



Green & red chilli WOK
450g



Grilled bell pepper puree
450g

INGREDIENTS

24
stuks



For the parcels

- 24 sheets rice paper
- 500 g fish fillet
- 20 g Bresc Shallot chopped
- 20 g coriander, chopped
- 15 g fish sauce
- 10 g Bresc Garlic chopped
- 10 g Bresc Lemongrass puree
- 10 g Bresc WOKchilli
- 1 stalk spring onion
- 100 g deep-fried onions
- 10 g chives, chopped
- green salad leaves

For the dip

- 40 g fish sauce
- 20 g wine vinegar
- 25 g sugar
- 10 g Bresc Beamster garlic puree
- 1 small carrot
- 20 g Bresc Grilled bell pepper puree
- 10 g Bresc WOKchilli
- black pepper
- 3 dl water
- ½ stalk spring onion

PREPARATION METHOD

For the dip, grate the carrots extremely finely, slice the spring onion into rings and mix the remaining ingredients in with them. Allow to marinate for a day. Chop the fish into extremely small pieces and mix it with the remaining ingredients. Fry the fish mixture briefly until it is just cooked and allow to cool. Soak the sheets of rice paper in lukewarm water until they are elastic and then dry them between towels. Fill them with some filling and fold them closed. Serve with the chopped chives, fried onions, salad and the dip.

BRESC



Lemongrass puree 450g