



Lemongrass Fish Kebabs with Bulgur Wheat

Overview

Servings: 4

Ingredients

Bulgur Wheat:

250g Bulgur Wheat
3 Tomatoes
1 Onion
1 Tablespoon Parsley
1 Tablespoon Mint
500ml Vegetable Stock Salt
Pepper, Freshly Ground

Fish Kebabs:

2 Sticks Lemongrass
300g Salmon Fillet
300g Sea Bass Fillet
8 Small Prawns
A Little Olive Oil
Salt
Pepper, Freshly Ground

Methods

Step 1

Fill the small unperforated steamer with the bulgur wheat. Dice the tomatoes. Finely chop the onion, parsley and mint, and add to the bulgur wheat together with the diced tomatoes. Next, pour the vegetable stock over the bulgur mixture and stir all together. Season to taste and steam the bulgur wheat as indicated.

Step 2

Wash the lemongrass, halve it lengthwise and crosswise and place it to one side. Rinse the fish and prawns briefly under cold water and pat dry. Trim the fish and peel the prawns. Cut the fish into approx. 4x4 cm pieces and create a kebab using the lemongrass as a skewer, alternating the pieces of fish with prawns.

Step 3

For the espresso butter, stir the butter until light and fluffy. Mix in all the other ingredients and season with pepper and herb-flavoured salt.

Setting Procedure

Steaming : 100 °C

Bulgur wheat:
Cooking time: 20 minutes

Fish:
Ceramic container and small perforated steamer on glass tray level 4
Cooking time: approx. 7 minutes