

Indasia
... for taste's sake

delicious
fish
dishes

fish highlights





BREADED SHRIMP

Material:
Shrimp

Ingredients per kg fish:

20g DEKORA® Raffiné (art.-no. I56600)
100g DEKORA® breadcrumbs lemon (art.-no. G72060)

Preparation:

Mix the shrimp with DEKORA® Raffiné and then with the breadcrumbs lemon.

Preparation hints:

Fry the shrimp either in a pan or on the grill at medium heat for approximately 3 to 4 minutes from each side until the shrimp is golden-brown.

Supplement recommendation:

Green salads, Curry-rice, French fries, garlic and lemon coriander sauce.

COD FILLET WITH PEPPER MARINADE

Material:
Cod fillet

Ingredients per kg fish:

60g DEKORA® mixed peppers (art.-no. G84130)

Preparation:

Mix the cod fillet with the marinade.

Preparation hints:

Fry the cod fillet either in a pan or on the grill at medium heat for approximately 5 to 8 minutes from each side. Grilling is recommended on aluminium foil or barbecue dishes.

Supplement recommendation:

Baked potatoes, French bread, potatoes au gratin, mixed salads, Greek salad.



COD FILLET WITH GOLD MARINADE

Material:
Cod fillet

Ingredients per kg fish:
100g DEKORA® gold marinade (art.-no. G72050)

Preparation:
Mix the cod fillet with the gold marinade.

Preparation hints:
Fry the cod fillet either in a pan or on the grill at medium heat for approximately 5 to 8 minutes from each side. Grilling is recommended on aluminium foil or barbecue dishes.

Supplement recommendation:
Baked potatoes, French bread, potatoes au gratin, mixed salads, Greek salad.

COD FILLET WITH WILD GARLIC MARINADE

Material:
Cod fillets

Ingredients per kg fish:
80g DEKORA® wild garlic (art.-no. I51660)

Preparation:
Mix the cod fillets with the marinade.

Preparation hints:
Fry the cod fillet either in a pan or on the grill at medium heat for approximately 5 to 8 minutes from each side. Grilling is recommended on aluminium foil or barbecue dishes.

Supplement recommendation:
Baked potatoes, French bread, potatoes au gratin, mixed salads, Greek salad.



SALMON FILLET WITH LICORICE

Material:

Salmon fillets

Ingredients per kg fish:

25g DEKORA® licorice spice (art.-no. G72070)

20g DEKORA® Raffiné (art.-no. I56600)

Preparation:

Cut the salmon fillets into small pieces and spread DEKORA® Raffiné on both sides. Then coat it with DEKORA® licorice spice.

Preparation hints:

Fry the salmon fillet either in a pan or on the grill at medium heat for approximately 5 to 8 minutes from each side. Grilling is recommended on aluminium foil or barbecue dishes.

Supplement recommendation:

Baked potatoes, French bread, potatoes au gratin, mixed salads, Greek salad.

SALMON FILLET WITH APPLE MARINADE

Material:

Salmon fillet

Ingredients per kg fish:

80g DEKORA® apple marinade (art.-no. G73980)

Preparation:

Cut the salmon fillet into small pieces and mix it with the apple marinade.

Preparation hints:

Fry the salmon fillet either in a pan or on the grill at medium heat for approximately 5 to 8 minutes from each side. Grilling is recommended on aluminium foil or barbecue dishes.

Supplement recommendation:

Baked potatoes, French bread, potatoes au gratin, mixed salads, Greek salad.



SALMON WITH PINEAPPLE MARINADE

Material:

Salmon fillet

Ingredients per kg fish:

80g DEKORA® pineapple marinade (art.-no. G73970)

Preparation:

Cut the salmon fillet into small pieces and mix it with the marinade.

Preparation hints:

Fry the salmon fillet either in a pan or on the grill at medium heat for approximately 5 to 8 minutes from each side. Grilling is recommended on aluminium foil or barbecue dishes.

Supplement recommendation:

Baked potatoes, French bread, potatoes au gratin, mixed salads, Greek salad.

SALMON FILLET SMOKEY BBQ

Material:

Salmon fillet

Ingredients per kg fish:

60g DEKORA® Smokey BBQ marinade (art.-no. I54080)

Preparation:

Cut the salmon in slices of 1.5cm thickness and mix it with the Smokey BBQ marinade.

Preparation hints:

Fry the salmon fillets either in a pan or on the grill at medium heat for approximately 5 minutes from each side. Grilling is recommended on aluminium foil or barbecue dishes.

Supplement recommendation:

Baked potatoes, leek.



SCAMPI SKEWERS PROVENCE

Material:
Scampi

Ingredients per kg fish:
100g tomatoes
80g DEKORA® Provence marinade (art.-no. G73580)

Preparation:
Wash the scampi and dry them.
Impale the scampi on the skewers and add a tomato at the end. Season with the marinade Provence.

Preparation hints:
Fry the scampi either in a pan or on the grill at medium heat for approximately 5 minutes from each side. Grilling is recommended on aluminium foil or barbecue dishes.

SEA BASS FILLET WITH HERB BUTTER

Material:
Victoria sea bass

Ingredients per kg fish:
80g DEKORA® herb butter marinade (art.-no. 157370)

Preparation:
Mix the sea bass fillet with the marinade.

Preparation hints:
Fry the sea bass fillet either in a pan or on the grill at medium heat for approximately 5 to 8 minutes from each side. Grilling is recommended on aluminium foil or barbecue dishes.

Supplement recommendation:
French bread, potatoes, mixed salads, noodles.



TUNA STEAK ROSEMARY LEMON

Material:

Tuna steak fillets

Ingredients per kg fish:

80g DEKORA® Rosemary Lemon marinade (art.-no. G71230)

Preparation:

Carefully coat the tuna fillets on both sides with the marinade rosemary lemon.

Preparation hints:

Rub the frying pan with some fat and heat it. Pour in the tuna fillets and fry at medium heat from both sides for about 6 to 8 minutes.

Supplement recommendation:

Rice, fried potatoes, boiled potatoes, French fries, mixed salads.

TUNA STEAK WITH GOLDMARINADE

Material:

Tuna steak

Ingredients per kg fish:

80g DEKORA® gold marinade (art.-no. G72050)

Preparation:

Carefully spread the marinade on both sides of the tuna steak and let it brew for a couple of hours.

Preparation hints:

Rub the frying pan with some fat and heat it up. Pour in the tuna steaks and fry at medium heat from both sides for about 6-8 minutes.

Supplement recommendation:

Rice, fried potatoes, boiled potatoes, gratin, French fries, freshly prepared salads.

Indasia Impulse

Did you know that

- lean fish only has half as many calories as lean beef or pork? Fish has an average of 70-80 kcal (290-335 kJ) per 100g.
- whole fish grilled tastes particular delicious when it is filled with exquisite Indasia herbs and spices? Herefore the spices and herbs should be placed in the abdominal cavity. This way the spices and herbs reach their full flavor.
- amongst cooks fish is considered to be fresh, as long as the eyes are clear, the gills shine dark red, the fish does not smell unpleasantly and the flesh feels elastically under light pressure.



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