



# ASIAN WOK WITH COD

**Ingredients:**

300 g cod  
300 ml milk  
red pepper  
lemongrass  
1 time wok vegetables (leek, pepper, red onion, Chinese cabbage)  
1 hand BBQ Flavour hickory smoking wood  
EldurApi Fire herbs  
200 gr cooked black rice  
Asian herbs - EldurApi\* no longer available

**Supplies:**

multilevel lift  
extra verhoogd rooster  
woodchipper

Pour the milk into a fireproof dish, add the sliced red pepper, lemongrass and some Asian spices.

Place the bowl on the extra raised grid in the YAKINIKU® Kamado. Smoke it for 20 min at 150 °C, meanwhile adding the smoking wood and fire herbs through the woodchipper.

Then place a cast-iron pan with some olive oil in the Kamado and let it heat up.

When the pan is hot you can add the wok vegetables. To this you can add some herbs of your choice.

Now let the YAKINIKU® rise to a temperature of 200 °C.

Meanwhile, cook the black rice according to the instructions on the packet.

Season the cod fillets with EldurApi fish herbs on both sides.

**Kamado set up:**

indirect heat

Add the cod to the milk; after 10-15 min, the fish will be cooked.

Just before the end, you can add the cooked rice to the wok vegetables.

Tip: Instead of Asian herbs, you can also season this dish well with the Sumac mix or Nori mix.