

Crispy Fish With Thai Three-flavoured Sauce



Serves: 4



Cooking Time 104 minutes



Level: Capable



INGREDIENTS

800g firm white fish fillets (such as barramundi, snapper or blue-eye trevalla), cut into 3cm pieces
40g (1/4 cup) plain flour
Vegetable oil, to shallow-fry
4 green shallots, white part thinly sliced, green parts cut into 3cm-long batons
Fresh coriander leaves, to serve
Steamed rice, to serve (optional) Three-flavoured sauce
3 fresh long red chillies, coarsely chopped
6 garlic cloves, coarsely chopped
3 tablespoons tamarind paste (see note)
2 tablespoons fish sauce
2 1/2 tablespoons white sugar
1 tablespoon water
2 tablespoons vegetable oil

PREPARATION

1. For the three-flavoured sauce, place the chilli and garlic in a mortar and use a pestle to bruise until a very coarse paste forms (it should still be a little chunky). Set aside. Combine the tamarind, fish sauce, sugar and water in a separate bowl.
2. Heat the oil in a wok or large frying pan over high heat. Add the chilli and garlic paste and stir-fry for 30 seconds or until softened slightly. Add the tamarind mixture and stir-fry for 1 minute or until aromatic. Remove from heat and set aside.
3. Place a wire rack over a baking tray. Season the fish with salt. Place the flour on a plate. Toss the fish in the flour to coat. Pour enough oil to come 1cm up the side of a frying pan. Heat over medium-high heat. Cook fish, turning, in 2 batches, for 3 minutes or until golden and just cooked through. Transfer to prepared rack to drain.
4. Place the wok or frying pan with the sauce over high heat. Bring to a simmer. Add the fish and shallot. Gently toss to coat. Divide among bowls. Sprinkle with coriander. Serve with steamed rice, if using.