

Crispy Seasoned Whitebait Recipe

(Korean Recipes)

Ingredients: Serves 4

1 tablespoon vegetable oil
100g small whitebait
3 cloves garlic, crushed
1 thin slice ginger crushed or ¼ teaspoon ginger grated
2 teaspoons water
1 tablespoon corn syrup, malt syrup or sugar syrup
½ tablespoon toasted sesame seeds
Green chili, to garnish (optional)

Method:

These crisp, salty-sweet fish make a wonderful snack or appetizer that goes very well with beer or soju, or eaten with rice and kimchi. Heat 1 teaspoon of the vegetable oil in a wok over medium heat and stir-fry the whitebait until crisp and cooked, about 5 minutes. Remove the whitebait from the wok and drain on paper towels. Clean the wok and set aside. Place the garlic, ginger and water in a small bowl and mix to form a paste. Heat the remaining vegetable oil in the cleaned wok over medium heat and stir-fry the blended paste for 1 minute. Add the whitebait and continue to stir-fry for another 2 minutes. Add the corn syrup and sesame seeds, and mix well. Garnish with the green chili and serve at room temperature. These small, sometimes tiny, whitebait are sold dried, freeze-dried or precooked. Another variety of whitebait, about 1 in long, are available fresh, precooked or frozen and can be used for this recipe. However, they need to be shallow fried until crisp. Larger dried whitebaits (anchovies) may also be used, but remove the heads and bones beforehand.

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