

## **Fish Balls Recipe**

**(How to make fish balls recipe)**

**Ingredients:** Makes approximately 80 fish balls

1½ teaspoon salt  
180 ml iced water  
600 g (1 lb) Spanish mackerel fillet  
½ teaspoon ground white pepper  
4 teaspoons tapioca flour or cornflour (cornstarch)  
pinch of seasoning powder

**Method:**

Dissolve salt in iced water. Pound fish fillet in a pestle and mortar or blend it in an electric food processor. Add salted, iced water slowly until it becomes a smooth paste. Add the pepper and tapioca flour or cornflour (cornstarch) and seasoning powder and stir the paste in one direction, using a metal spoon. Throw the paste against the sides of the mortar or a mixing bowl several times until it becomes sticky and elastic. This gives a springy texture when cooked. Wet or oil your hands, depending on the recipe, and take a handful of paste. Squeeze it through the thumb and forefinger to form a walnut-sized lump of fish paste. Scrape off with a wet teaspoon and roll it into a ball. Put fish balls in a bowl of water which is mixed with a pinch of salt. Continue process until all the paste is used up.

**Note:** If using a food processor, do not blend the fish at a high speed as this process will cook the paste and the result will not be as good. To make otak-otak, stop at the point before throwing the paste against the sides of the mortar and continue as the recipe requires.

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