

Fried Sun-Dried Kingfish Recipe

(Pla Samli Daet Diao Recipe)

Ingredients: Serves 2

1 kingfish weighing 450-600g
1 tablespoon finely sliced shallot
2 tablespoons shredded green mango
1 teaspoon shredded hot chili
2 tablespoons fish sauce
3 tablespoons lime juice
1 teaspoon palm sugar
2 cups cooking oil

Method:

Wash, clean and butterfly the fish leaving the two sides joined along the belly. Open the fish out flat so that the skin is downward, remove the bones and score the flesh with a knife. After allowing it to dry, lay the fish opened out flat in strong sunshine for five to six hours, turning regularly so the sun strikes both the skin side and the interior. Pour the oil into a deep frying pan and place on a medium heat. When the oil is hot, place the fish, still opened out, in the oil. When the lower side becomes crisp and golden, turn the fish and continue frying until it is done on both sides; then remove from the pan, drain, place on a serving dish. Toss the shallots, mango and chili together, seasoning with fish sauce, lime juice and palm sugar so that a sour taste is the predominant one. Spoon into a bowl and serve with the fish.

[asian_free_recipes_download]/[asian_free_recipes_download]