

Grilled Fish in Banana Leaves Recipe

Ingredients:

300g skinless, boneless white fish (such as perch or swordfish)
3 kaffir lime leaves, shredded
60 ml sunflower oil
Banana leaves, enough to cut into six 8 cm squares
6 salam leaves, optional

Spice Paste:

3 garlic cloves
2 teaspoons palm sugar
2 tomatoes
2 tablespoons sunflower oil
3 candlenuts
1 lemon grass stem
¼ teaspoon shrimp paste
4 large red chilies, seeds removed
2-4 small red chilies
1½ tablespoons chopped fresh galangal
1 tablespoon chopped ginger
2 teaspoons chopped fresh turmeric
1 teaspoon tamarind pulp, seeds removed, or 1 teaspoon tamarind paste
1 teaspoon ground coriander seeds
1 teaspoon coriander seeds

Method:

Cut fish into 2-3 cm pieces, mix with kaffir lime leaves and set aside while you prepare the spices. Grind paste ingredients in a mortar and pestle with ¼ teaspoon black pepper, or blend in a food processor. Mix blended spice paste, oil and ½ teaspoon salt with the fish. Taste a little for flavor. Cut banana leaves into pieces about 8 cm x 8 cm. Steam to soften if necessary. On each piece of banana leaf, place a salam leaf first (if using) and 2 or 3 chunks of fish. Wrap fish in banana leaf by rolling it over like a bon bon, then secure ends with a toothpick or short skewer. Alternatively, wrap with string. Steam over gently boiling water for 10 minutes or until cooked. You will need to open one to see if its cooked inside. The parcels can also be grilled, baked or barbecued over medium heat. Serve fish in parcels with steamed jasmine rice. Try baking paper if banana leaves are not available and barbecue your fish or grill in the oven in the absence of hot coals.