

Hot Fragrant Trout Recipe

Ingredients:

2 large fresh green chilies, seeded and coarsely chopped
5 shallots, peeled
4 garlic cloves, peeled
2 tablespoon fresh calamansi (lime) juice
2 tablespoons Thai fish sauce
1 tablespoon palm sugar or light brown sugar
4 kaffir lime leaves, rolled into cylinders and thinly sliced
2 trout or similar firm-fleshed fish, about 350 g each, cleaned
Fresh garlic chives, to garnish
Boiled rice, to serve

Method:

Wrap the chilies, shallots and garlic in a foil package. Place under a hot grill (broiler) for 10 minutes, until softened. When the package is cool enough to handle, tip the contents into a mortar or food processor and pound with a pestle or process to a paste. Add the calamansi juice, fish sauce, sugar and lime leaves and mix well. With a teaspoon, stuff this paste inside the fish. Smear a little on the skin too. Grill (broil) the fish for about 5 minutes on each side, until just cooked through. Lift the fish on to a platter, garnish with garlic chives and serve with rice.

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