

## Solok Lada Recipe

(Malaysian Recipe)

**Ingredients:** Serves 4

16 large red chilies  
180g Spanish mackerel, meat only, cut into large cubes  
150g grated skinned coconut  
6 shallots, peeled  
1 teaspoon sugar  
1 teaspoon salt  
190ml coconut milk, squeezed from  $\frac{3}{4}$  grated coconut with sufficient water added  
a pinch of salt

**Method:**

Slit chilies lengthways with a sharp knife for stuffing. Carefully remove seeds and membranes. Soak in water for 15 minutes. Into a blender (processor), put fish cubes, grated coconut and shallots. Blend until fine, then stir in sugar and salt. Mix well. Stuff each chili with 1 tablespoonful fish mixture. Into a pot, put stuffed chilies, slit side up. Then, carefully pour in coconut milk mixed with a pinch of salt. Cover pot and simmer gently for 15 minutes or until cooked and almost dry.

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