

Steamed Curry Fish Custard Recipe

(Hor Mok)

Ingredients: Serves 4

300g white fish fillets
3 cups (675ml) coconut milk
½ cup (110ml) red curry paste (refer More Thailand Recipes below)
4 eggs
3 kaffir lime leaves, finely shredded
2 tablespoons fish sauce (nam pla)
8 tablespoons flour
1 cup Thai basil leaves
1 red chili, finely shredded

Method:

Cut the fish fillet into ½-inch cubes. Separate the egg yolks from the whites. Mix the red curry paste, 2 cups of coconut milk, and the fish sauce. Stir in the flour, mixing very well, then include the egg yolks and two-thirds of the shredded kaffir lime leaves. Line the banana leaf cups or soufflé bowls with the Thai basil leaves. Divide the fish among the cups and then pour in the curry mixture. Prepare a steamer or a large wok for steaming. If you are using a wok, place a cake tin or steaming stand in the wok to support the heat-proof serving dish. Pour in enough water to bring the water level to 2 inches beneath the top of the cake tin or stand. Place the cups on a tray that will fit into the steamer. Bring the water to a boil. Place the tray of filled cups into the steamer. Cover and steam over high heat for 15 minutes. While the custard is cooking, prepare the topping by mixing the remaining 1 cup of coconut milk, 2 tablespoons flour, and the egg whites. Heat this over low heat without bringing to a boil. When the cups of custard are firm but still moist, spoon the topping on each serving and garnish with sliced chili and kaffir lime leaves. Steam for another minute and serve. This is a spicy custard with pieces of fish buried inside. Traditionally, it is served in pretty cups made of banana leaves. These are quite easily made if banana leaves are available. Cut the leaves into 6-inch squares. Fold 1½ inches of the adjacent sides of the leaf upward to make two sides of an open box. Use a staple to hold the corner in place. Do the same for the other sides and corners. An alternative to banana leaf cups is to use a small soufflé bowls.

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