

Vietnamese Style Fried Fish Recipe

Ingredients:

600 g catfish fillet or any fatty fresh water fish such as tilapia
1/2 teaspoon shrimp paste or fish sauce
1 teaspoon "me" (fermented rice water) or natural yogurt
20 g fresh turmeric
20 g fresh lemon grass

Sauce:

3 tablespoons water
1 tablespoon fish sauce
1 tablespoon lime juice
Pepper to taste
2 teaspoon sugar
1/2 teaspoon chopped garlic
1/2 teaspoon chopped dill
Chopped chili to taste

Condiments:

Rice paper
Lettuce thyme
Bean sprouts
Grounded peanuts
Green bananas
Green star fruit
Chervil leaves
Scallions

Method:

Cut fish into thick fillets. Combine and blend the shrimp paste, "me", turmeric, lemon grass, salt and pepper in a food processor. Marinate fillets with mixture for an hour or two. Lightly brush some oil on fish and pan-fry until brown. Mix sauce ingredients together to serve with fish. Accompany fish with condiments. The fillets can be eaten along with condiments rolled in rice paper.