

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Pla Chien (Tamarind Fried Fish)

Adapted from "The Original Thai Cookbook" by Jennifer Brennan

Tamarind is one of the signature flavors in Thai cuisine. This dish isn't normally very zesty, but can be pushed as hot as you'd like with more peppers...

*1 tsp tamarind concentrate
3 oz nearly-boiling water
2 lb fish fillets (sole, snapper, cod, etc.)
½ cup peanut oil
1 Tbsp minced garlic
½-1 red Serrano, seeded, minced
3 Tbsp soy sauce*

*2 Tbsp unrefined brown sugar (or dark)
1½ Tbsp fish sauce (Nam Pla)
2 inches fresh ginger, peeled & minced
6 green onions w/ tops, in 1-inch lengths
2 Tbsp French-fried onions, crushed
¼ cup cilantro leaves, rough chopped*

Place tamarind concentrate in hot water. Let stand for until cool enough to handle; filter through muslin or a fine-wire mesh. Retain liquid.

Wash and trim fish. Dry fillets thoroughly. Heat oil in a wok over high heat until just short of smoking-hot. Fry the fillets, one at a time until golden on both sides; usually 2 minutes per side is enough. Drain on paper towels.

Pour off all but 2 Tbsp of oil from the wok and return it to stove; reduce heat to medium. Quickly stir-fry garlic and pepper for 30 seconds or so, then add soy sauce, fish sauce and retained tamarind liquid. Cook for only a minute or two, then carefully return fish fillets to the wok and coat with sauce. Sprinkle with ginger and green onions and cook for a couple of minutes, spooning sauce over fish. Transfer fish to serving plate, pour sauce over, and then garnish with onion flakes and cilantro leaves.

Yield: Four to six servings
Preparation time: 20 minutes
Cooking time: 15-25 minutes

