

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Grilled Trout with Spicy Tamarind Sauce

Similar to Recipe by Barbara Figueroa, Found on Maricopa.com

Grilling trout is fun and easy. This dish adds great flavor too!

*1 Tbsp peanut oil
1 small yellow onion, diced
¼ tsp red pepper flakes, crushed
1 tsp minced garlic
2 oz tamarind purée
1 can 12-14 oz) coconut milk
1 Tbsp Thai red curry paste
3-4 Tbsp Nuoc Mam fish sauce
3 Tbsp light soy sauce*

*1 tsp cilantro, finely chopped
2-3 tsp light brown sugar
2 Tbsp fresh lime juice (1 large lime)
2 tsp mint, finely chopped
salt and black pepper, to taste
6 medium golden trout, dressed
diced bell pepper, various colors,
garnish
mint or cilantro sprigs, garnish*

Heat oil in a medium saucepan over medium-high heat. Sauté onion, pepper flakes and garlic until onion is golden. Add remaining ingredients up through the brown sugar. Stir to combine, then reduce to simmer. Check and stir frequently. After 30 minutes or so, the sauce will reduce and should coat a spoon nicely. Remove from heat and pour through a fine-mesh strainer. Stir in lime juice and mint, then season; set aside.

Prepare grill for direct, medium heat. Open trout so that it lies flat. Season with salt and pepper on both sides (who likes one-sided flavor?). Place trout on well-oiled grill grate, skin side down, and grill for 2-4 minutes (depending on thickness of fish). Turn once and finish grilling the trout. Remove to a chopping board. Cut trout into two fillets each.

Ladle some tamarind sauce onto an elegant dining plate. Arrange a pair of fish fillets on the sauce, the drizzle with a bit more sauce. Garnish as desired. Repeat until all fish are ready to serve. A dry white wine pairs well with this dish, as do steamed green or Asian veggies. (If you're camping, try an India Pale ale and whatever else you brought along.)

Yield: Six servings (if you're polite)

Preparation time: 15 minutes

Cooking time: 45 minutes to make the sauce, and 10 to grill the fish

