

Malaysian Fish in banana leaf



Tools

baking oven · baking tray/large caserolle dish · knives · mortar (can be improvised without) · general kitchen utensils · medium sized pot · lighter or creme brulee burner (optional)

Rice

INGREDIENTS:

rice	250 g
water	600 to 700 ml water
garlic	4 cloves
shallots	2 to 3
salt	to taste
star anise	1 to 2 whole stars

Note: Please measure the rice and water before. Put the rice in the pot. Cut the shallots and the garlic cloves in small cubes. If you have a mortar, you can crush the garlic.

PREPARATION:

Possible method

First wash the rice a couple times. Generally you cannot overwash it. Put the rice and the measured amount of water in the pot. Add the spices. While the water is warming up, try the water. It should be slightly too spicy because the rice will not absorb all the taste.

When the water is boiling, put the lid on and DO NOT stir. Lower the temperature to the minimum and let it rest for 15 to 20 minutes. After that time (we do not touch or check the rice), we can take it from the stove and revolve it. Let it rest for another 10 minutes to absorb all the liquid.

Malaysian Fish

INGREDIENTS

gilthead bream (or other fish, dt. Dorade)	4 fishes (about 400 g each)
banana leaves	1 to 2 per fish depending on size (We want to wrap the fish)
fresh red chilies, seeded and cut into small pieces	5 to 10, depending on desired heat
toasted belacan, Malaysian shrimp paste	4 tbsp
shallots	4
salt	to taste
fish sauce	8 tbsp
brown sugar (unrefined if possible)	3 tbsp
lime juice of fresh limes	1 to 2 limes
lemon grass	8 stalks
neutral vegetable oil	16 tbsp (about 60 ml, about 3 shot glasses)

Condiment sauce (for dipping)

red chilies, seeded	12
bird's eye chilies, seeded, optional	4
toasted belacan	4
shallots, thinly sliced	5
teaspoon sugar	1
salt to taste	
tablespoons water	8
tamarind pulp, size of a small ping pong ball (if you get syrup, we can adapt the quantity)	

Note: If you are too lazy to make the sauce, you can also buy flying goose sauce or eat it with fresh lime juice.

Shopping tips

The fish can be bought frozen at real and sometimes also at Sinem. You can also ask the people in the fresh fish counter. If you cannot find the breams, you can substitute it with red snapper or mackerel.

All the rest should be found in Poorana. Gewürz Ewert should also offer everything, maybe not the lemon grass.