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Who says you can't play with your food!



Vietnamese Caramelized Fish

The secret ingredient to this dish is a coconut caramel sauce, however I find that most people don't have the time to make that separately so I slightly tweaked the recipe to give the caramelized element this dish needs.

200 gr firm white fish, 2" x 1/2" x 1/4" slices
1 tbsp minced shallot or red onion
1 tbsp finely sliced scallion - white part only
2 tbsp fish sauce
2 tsp sugar
1/2 tsp black pepper
1/2 to 1 Thai red chili, finely sliced (optional)
1 1/2 tbsp oil
2-3 tbsp sugar
1 cup coconut water
2 tbsp finely sliced scallion - green part only

1. In a medium bowl, toss the fish with the shallot, white scallion, fish sauce, sugar, black pepper and red chili.
2. Heat a medium fry pan over medium heat until hot.
3. Add the oil and swirl to coat the pan.
4. Add the fish and stir to lightly brown it on the outside.
5. Add half the additional sugar and cook until it caramelizes a bit, then add a few tablespoons of coconut water to deglaze and caramelize. Add the remaining coconut water and cook until the
6. liquid is almost evaporated and the fish is shiny and glazed.
7. Add a bit more sugar to taste (optional).
8. Sprinkle with the finely sliced green onion and serve on hot rice with vegetables.
9. Optional: serve with lime wedges.