



香茅黄姜煎鱼

LEMONGRASS AND TURMERIC FRIED FISH

INGREDIENTS

- Threadfin fish steak 2 pcs (500g)
- Sesame oil 4 tbsp

MARINADE A (BLENDED)

- Garlic, peeled 3 pips
- Shallots, peeled 5
- Ginger, cut into small pieces 20g
- Turmeric 20g
- Lemongrass 2 stalks

MARINADE B

- Salt ½ tsp
- Sugar ½ tsp

METHOD

1. Rinse fish and pat dry.
2. Combine Marinade A and B. Rub on the fish and marinate for ½-1 hour.
3. Heat sesame oil in a pan and pan-fry fish over medium heat until both sides turn golden brown.

材料

- 马友鱼块 2块 (500克)
- 麻油 4汤匙

腌料A (搅幼)

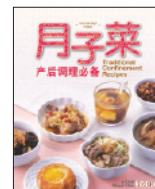
- 蒜头 (去衣) 3瓣
- 红葱头 (去衣) 5粒
- 姜 (切小块) 20克
- 黄姜 20克
- 香茅 2支

腌料B

- 盐 ½茶匙
- 糖 ½茶匙

做法

1. 鱼块洗净，抹干水分。
2. 腌料A及腌料B拌匀，涂抹在鱼块上，腌½-1小时。
3. 平底锅内烧热麻油，放入鱼块，以中火煎至两面金黄即可。



Recipe from:
Traditional Confinement Recipes
月子菜: 产后调理必备