

Thai Fish in Coconut Sauce

(Yield: 4 servings)

Ingredients:

- 4 – 5 ounce skinless Alaskan flounder fillets
- 2 tablespoon vegetable oil, divided
- 2 large shallots, 1 chopped and 1 thinly sliced
- 1 ½ tablespoons chopped ginger root
- 1 stalk of lemon grass, outer layer removed, then roughly chopped
- 1 small red chili, seeded and chopped (can substitute jalapeno)
- ½ cup coconut milk
- 2 teaspoons Thai fish sauce
- 15 sprigs of fresh cilantro, leaves separated from stems
- Salt
- Freshly ground pepper

Directions:

Coconut Sauce: Heat 1 tablespoon of oil over medium heat in a small skillet. Add chopped shallot, ginger, lemon grass and chili. Sauté for 3 minutes or until fragrant and lightly colored. Scrape into a food processor, add coconut milk, fish sauce and 8 stems of cilantro. Pulse for :30 seconds until everything is finely blended into a thick sauce.

For the Fish: Arrange the fillets in a single layer, on a heat proof plate. Season the fish with salt and pepper, broil the fish for 6 – 8 minutes or until the fish is just opaque. If a knife goes into the fillet easily with no resistance the fish is done. Remove fish from heat.

While fish is cooking, heat remaining vegetable oil over medium-high heat. Add shallots and fry until crispy & brown, roughly 3 minutes. Transfer to a paper towel lined plate. Add the cilantro leaves to the skillet and fry just for a few seconds. Transfer to the plate.

Carefully transfer fillets to a plate, spoon sauce over fish and scatter fried shallots and cilantro on top. Spoon extra sauce over the rice.

