Fish Head Vermicelli-The soup with a dash of milk

NIBBLEDISH CONTRIBUTOR

Ingredients

Fish Head Bee Hoon or what we normally called as Yu Tao Mai Fun in Cantonese is a popular hawker food in Kuala Lumpur. Not that difficult to cook, all you need is:-

- fish head (preferably garoupa but I used red snapper since it's hard to find fish head here), cut into chunky pieces
- salt
- corn flour or tapioca flour
- rice vermicelli, soaked till soft & drained
- tomato, cut into quarter
- seasoning pickled green mustard, sliced
- mushroom, soaked, drained & sliced
- ginger, thinly sliced
- garlic, minced
- oil
- sesame oil
- pepper
- fish sauce
- water or stock (I used fish bone for the stock)
- evaporated milk
- spring onion, minced (to garnish)

Instructions

1. Season fish pieces with salt & coat with corn flour or tapioca flour. Heat pan with oil, deep-fry until golden brown and crispy. Drain and set aside.
2. Heat oil and sesame oil, saute garlic and ginger till fragrant. Add water or stock and bring to a boil.

3. Add salt, fish sauce & pepper as well as rice vermicelli, mushroom, tomato, pickled green mustard & fish head pieces. Simmer for 5 minutes, then add milk. Bring to a quick boil (Do not cook the milk for too long).
4. Dish out into bowl & garnish.
5. Serve while hot.