



Thai Fish Cakes With Spicy Sauce (Todman Bla)

NIBBLEDISH CONTRIBUTOR

Ingredients

- 150 gms Fish Meat
- 2-3 Tablespoons Thai Red Curry Paste
- 100 gms Long Green Bean
- 1 Tablespoon Cassava or Potato Starch
- Oil for frying

Ingredient for Sauce:

- 20 gms Cucumber
- 10 gms Peanut
- 2 Big Red Chillis
- 3 Tablespoons Sweet Chicken Sauce

(A sweet sauce normally used for chicken, it does not contain chicken!)

Instructions

Thai fish cakes are made from soft meat fish, green beans and starch and cooked by deep frying. They are served as a side dish with a spicy dipping or pouring sauce. Any

soft meat fish will do and it's a great way to use often ignored smaller and cheaper fish. To remove the meat of the fish: remove the head, slice it down the belly, and remove any entrails. Pull out the backbone, in soft fish this will also remove the bones. Then remove the top and bottom fins. Finally hold the fish by the skin and scrape off the meat from the skin with a flat bladed knife.

Preparation

Fish Cakes

1. Pre heat a deep fat fryer to 150 degrees celsius (Medium).
2. Add the fish meat, red curry paste, cassava starch, to a blender and blend it.
3. Cut the green beans into very short pieces and mix into the mixture.
4. Take a spoonful of mixture and form it into flat round 'cookie' shaped fish cakes.
5. Drop the fish cakes into the hot oil, when the fish cake is cooked it will float back to the surface.
6. Remove from the oil onto kitchen paper to dry out the excess oil.

Preparation

Dipping Sauce

1. Chop the cucumber and chillies, and mixed with sweet chicken sauce.
2. Pound the peanuts in a mortar into smaller pieces.
3. Top the sauce off with the peanuts.
4. Serve as a side dish, or you can pour it over the fish cakes as we've done in the top photograph.