

Cod Baked in Banana Leaf Recipe

(Pla Kao Rat Sot Ma-kheua Thet Recipe)

Ingredients: Serves 2

1 whole banana leaf (or foil)
1 medium-sized whole rock cod
1 cup tender Chinese kale
½ cup chopped canned pineapple
1 onion, sliced
1 large tomato, sliced
1 green capsicum, sliced
½ cup tomato sauce
1½ tablespoons fish sauce
1 tablespoon dry white wine
1 teaspoon sugar
1 teaspoon pepper
1 tablespoon butter

Method:

Lightly butter an 8 by 10 inch piece of banana leaf (or foil). Put cleaned and scaled fish onto the center of the leaf. Pour tomato sauce and wine, along with the fish sauce and all remaining ingredients, over the fish. Wrap the fish, sealing it in the leaf, tie if necessary and bake in a preheated oven at 200°C for 20-25 minutes. Serve immediately.

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