

## **Fish in Screwpine Leaves Recipe**

**(Goreng Ikan Terubuk - Nyonya Recipe)**

### **Ingredients:**

900g herring, whole or cut into two pieces  
1 teaspoon salt  
6 screwpine leaves  
225ml oil

### **Method:**

Wash the fish, rub it with the salt and leave to marinate for ½ hour. Wrap the screwpine leaves round the fish. Heat oil in an iron wok and fry fish until crisp and brown on both sides. Remove the screwpine leaves and place the fish on a plate. Pour the hot oil over and serve hot. Do not scale the fish. The fish should be fried over a moderately high heat so that it is thoroughly cooked and the scales are crisp. Sprinkle some water whilst frying before covering the pan. The steam from the water will hasten the cooking.

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