

Stuffed Mackerel with Coconut Recipe

Ingredients: Serves 4

4 small mackerel, total weight 1.1kg, gutted, cleaned,
heads, fins and back bones removed
½ teaspoon salt
1 tablespoon lime juice
15g desiccated coconut
75ml very hot water
4 garlic cloves, chopped
2.5cm piece root ginger, chopped
2 green chilies, chopped (seeded, if liked)
1 dried red chili, chopped
2 tablespoons tamarind or lime juice
1 teaspoon ground cumin
50g plain flour
pinch of salt
pinch of freshly milled black pepper
sunflower oil, for frying
boiled basmati rice and a lentil side dish, to serve

Method:

Put the fish on a large plate, skin side down and gently rub in the salt and lime juice on the upper side. Set aside for 30 minutes. Soak the coconut in hot water and set aside for 10 minutes then place it in a blender along with the water in which it was soaked. Add the garlic, ginger, fresh and dried chilies, tamarind or lime juice, cumin and salt. Puree the ingredients until smooth and divide into four equal portions. Fill the fish with the stuffing, leaving a ¼ inch border. Do not worry if it appears overstuffed, the flour used later will soak up any extra stuffing. Tie the fish up with cotton or twice in a criss-cross pattern so that the stuffing is held intact. Pour a little oil into a large non-stick frying pan and heat over a medium heat. On a large plate, mix the flour, salt and pepper together. Coat each fish generously with the seasoned flour and fry until golden brown on both sides, about 10-12 minutes. Drain on kitchen paper. Serve with boiled basmati rice and a lentil side dish.

[asian_free_recipes_download][/[asian_free_recipes_download](#)]