

Pampano Fish in Tamarind Ginger Sauce with Cilantro Lime Rice



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DIRECTIONS:

CILANTRO LIME RICE

1. Cook 2 cups of rice using a rice cooker or your preferred method. (I prefer the final cooked white rice slightly drier.)
2. Chop 2 garlic clove and thinly slice half shallot. Fry in 4 tbs olive oil till lightly brown and fragrant. Let cool.
3. Carefully pick the leaves of the parsley. Leave out the thicker stalks.
4. Blend jalapeño pepper, poblano pepper, cilantro & parsley, lime juice, oil from fried shallots and garlic. Add salt to taste usually 1 tbs. Add a bit of water if too dry to blend. Then add this mixture to the cooked rice to your desired amount. Usually about a cup.

INGREDIENTS

1.2 lbs	Pampano Fish, whole
4"	Fresh Ginger
1/8 cup	Organic Tamari
1/8 cup	Organic Coconut Amino
1 tbs	Palm Sugar or Brown Sugar
1 tbs	Black Pepper
1 tbs	Sesame Seed oil (Kadoya brand)
2 cups	Olive Oil
1/2 head	Garlic
1/8 cup	Seedless Tamarind Pulp
2 cups	Jasmine Rice
1/2 bunch	Cilantro
1/2 bunch	Flat Leaf Parsley
1	Green-seeded Jalapeño Pepper
1/2	Green-seeded Poblano Pepper
3-4 pcs	Limes
1-2 pcs	Shallot
--	Sea Salt (regular grind)



DIRECTIONS:

PAMPANO SMOTHERED WITH TAMARIND GINGER SAUCE

1. Clean the fish if needed. Optional to leave fins on. Gets crispy after frying. Cut in 4 pieces and lightly salt them.
2. Mince 5 garlic clove, Julienne 4" ginger and slice about 1/8 cup of shallot.
3. Add 1/4 cups of water to tamarind and mash or squeeze the juice. Might take a few minutes. Save 1/4 cup of the juice only, discard pulp.
4. Heat oil in wok to about 375F and fry fish pieces until desired crispiness. Usually about 5 minutes on each side depending on thickness. Set them on a plate.
5. Take oil out of wok and leave about 3 tbs. Heat oil on medium high and fry julienne ginger, chopped garlic and slice shallots until fragrant. Then add 1 tbs sesame seed oil, 1/8 cup tamari, 1/8 cup coconut amino, 1/4 cup tamarind juice, 1 tbs black pepper, and 1 tbs palm sugar or brown sugar.
6. Cook until mixture has a thicken consistency or about 3-5 minutes. Add salt to taste. Pour over fried fish and garnish with a few leaves of cilantro.

