



IKAN MASAK AROMA

Bahan-bahan:

- 1 ekor ikan merah/jenahak/tenggiri (lebih kurang 350g), dipotong
- 2 sudu besar minyak masak

Bahan-bahan A:

- 1 kuntum bunga kantan, dihiris
- 1 sudu teh daun limau purut, dihiris
- 3 ulas bawang putih, dicincang

Bahan-bahan B:

- 200ml Santan Kelapa M&S Lemak Dikurangkan
- 1 cawan air
- 1 sudu besar sos ikan
- 80g tomato, dihiris
- ½ sudu teh gula
- 8-10 helai daun selasih

Bahan-bahan C:

- ½ sudu besar bawang merah, digoreng
- 1 biji cili, dicincang
- 1 batang daun bawang, dipotong dadu

Cara Penyediaan:

1. Tumis bahan-bahan A dengan minyak masak sehingga naik baunya. Masukkan bahan-bahan B dan biarkan mendidih. Masukkan ikan, rendahkan api dan reneh sehingga kuahnya pekat dan ikan dimasak.
2. Masukkan bahan-bahan C dan gaul rata.

FRAGRANT POACHED FISH

Ingredients:

- 1 whole fish Red Snapper/Golden Snapper/ Spanish mackerel (approx. 350g), sliced
- 2 tbsp cooking oil

Ingredients A:

- 1 stalk ginger flower, sliced
- 1 tsp kaffir lime leaves, sliced
- 3 cloves garlic, chopped finely

Ingredients B:

- 200ml M&S Reduced Fat Coconut Milk
- 1 cup water
- 1 tbsp fish sauce
- 80g tomato, sliced
- ½ tsp sugar
- 8-10 basil leaves

Ingredients C:

- ½ tbsp shallots, fried
- 1 chili, sliced
- 1 sprig spring onion, diced

Method:

1. Saute ingredients A in cooking oil until fragrant, add ingredients B and bring to boil. Add fish, reduce flame and simmer till mixture thickens and fish is cooked.
2. Add ingredients C and mix well.

