

Vietnamese Turmeric Fried Fish Fillets (Ca Chien Nghe)

Serves 3-5

INGREDIENTS

- 1-1/2 lbs fish fillets (cod, bass tilapia or any other white fish)
- 1 teaspoon sea salt
- 1 teaspoon fish sauce
- 1 teaspoon granulated white sugar
- 1/4 teaspoon ground black pepper
- 1 teaspoon turmeric powder
- 1/4 cup finely minced lemongrass
- 3 garlic cloves (minced)
- 2 tablespoons + 1/4 cup vegetable oil
- 1/2 cup corn starch

INSTRUCTIONS

1. In a small bowl, mix together salt, fish sauce, sugar, ground black pepper, turmeric powder, lemongrass, garlic and vegetable oil (2 tablespoons). Marinate fillets with mixture for at least 15 minutes or overnight in the fridge.
2. When ready to fry, lightly dust fillets with corn starch. Tap off excess.
3. Using a large non-stick skillet, heat vegetable oil (1/4 cup) on medium-high. Add fish fillets and pan-fry for 2 minutes per side. You may have to fry in two batches to prevent overcrowding.
4. Transfer fried fillet to a wire rack to drain excess oil. Serve immediately with steamed white rice for a complete meal.