

# Plaa Nueng Nam Manao

## Thai Steamed Seabass 2-3 people

**Time Required: 15 mins**

### **Ingredients and preparation**



500g Seabass- prepared in to 2 fillets  
30g Chinese leaves  
15g celery – peeled and cut  
15g spring onions – finely chopped

#### Ingredients for the sauce

2 Bird's eye chilli – chopped  
2 cloves garlic – crushed  
3 teaspoons lime juice  
4 teaspoons fish sauce  
½ teaspoon palm sugar

#### Ingredients for the Garnish

1 spring onions– finely chopped  
4 coriander leaves  
½ lime cut into 3 slices  
1 bird's eye chilli cut into 3 pieces

### **Cooking steps**

- Wash and filet the fish  
Lay the Chinese leaves, celery and spring onions on a plate and top with the fish, steam for 4 minutes and remove from the steamer.
- Place the ingredients for the sauce in a pan, heat then pour over the fillets.  
Garnish with spring onion, coriander leaves, lime and bird's eye chillies.

### **Tips**

- This dish originates in the South. Tastes in the South favour sourness over sweetness.
- 1 whole fish 600-800g is typically eaten in SE Asia. Eg, Flatheads, small Barramundi, snapper, Red Emperor, Sea perch or Coral perch  
Clean and scale the fish and slash it three times across each side. lie the fish on top of the Chinese leaves on a serving plate placing the ginger slices in the stomach cavity - cooking process takes 20-30mins
- This recipe also works well with tiger prawns, shelled, steamed and dressed as above or grilled in their shells over a low charcoal fire and served with the sauce as a dressing

