



Posted on 9 October 2012
by ewfood

Thai Cream Dory

Ingredients

1 kg Cream Dory fish pieces
8 tbsp melted butter
4 tbsp lemon juice
2 cloves chopped garlic
1 tsp garlic paste
2 tsp Thai Seven-Spice seasoning
1 tsp chili powder
1 cup Sami all purpose season flour mix
1/2 cup chopped pecan nuts
1 1/2 tbsp fresh chopped parsley
Pinch of salt and freshly ground pepper
3 tbsp oil

Preparation

- 1 PRE-BAKING
- 2 First coat each Cream Dory fish piece with garlic paste and 2 tbsp lemon juice.
- 3 Then heat some oil in a large pan.
- 4 At the side, mix together the flour, 1/2 tsp chili powder and 1 tsp seasoning mix in a large bowl and transfer to a plate.
- 5 In another bowl, beat up an egg with a pinch of salt and pepper.
- 6 Place the beaten egg on a slightly deep (but wide) dish.
- 7 Dip Cream Dory fish pieces in the beaten egg, and then in the flour mixture.
- 8 Repeat the dipping process (to give you a thicker batter).
- 9 Fry the coated fish pieces in the hot oil for only 2 minutes on each side or till you can see the coated has been fried a bit.
- 10 Place on paper towels and keep at the side.
- 11 BAKING
- 12 Place the fish in a baking overproof dish.
- 13 Season with salt, freshly ground black pepper and the Thai seasoning again.
- 14 Next blend the rest of the chili and Thai spice along with the chopped garlic, butter and 2 tbsp lemon juice.
- 15 Drizzle half over the fish and keep aside to bake.
- 16 Preheat the oven at 180 degrees C or 356 degrees F.
- 17 Bake for for around 15 minutes.
- 18 After that baste the fish with the remaining spicy butter mix and sprinkle with half of the chopped nuts on top.
- 19 Bake for a further 10 minutes or until cooked.
- 20 Sprinkle the parsely and remaining nuts on top.
- 21 Serve hot with French fries.

