

courtesy : Cik Erinna Yusof



Ikan panggang disumbat is a staple in fishing kampung. It is a tasty, slightly spicy and tangy dish. The fish is stuffed with fried spice paste and grilled. Serve as an appertizer or with; white rice and sambar.

Ingredients:

Ikan Panggang Disumbat (Grilled Stuffed Fish)

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4 fish 6 in to 8in long.(mackerel,perch,trout);
whole fish cleaned,scored on both sides.
salt to taste)
2 tablespoon lime juice)
3 cloves garlic;chopped)
4 fresh green chillies;remove seeds and slice) grind into thick paste
10 sprigs coriander leaves;chopped)
1 teaspoon coriander seeds;dry roast and grind)
1 large onion;chopped
2 tablespoon oil
1/2 cup oil;for basting

Method of preparation:

Rub salt on both sides of the fish. Set aside. Heat oil in a wok. Add onion and saute till golden brown. Next, add the ground paste. Fry till the smell is fragrant. Scoop the fried paste and stuff into the stomach cavity of the fish. Light up a grill (use no lighter fluid). Arrange the fish on the grill and baste with oil. Turn occasionally till fish is cooked. Serve as an appertizer or with; white rice and sambar.

Note:

1. The fish can be baked in an oven at 180degrees. Wrap fish in a foil and bake till it is cooked (about 20min to 25min).
2. For extra bite, use fresh green chillies with seeds.