

BUSYCOOK



Milkfish and salmon, baked

There are many ways to eat fish, and here are two more for your repertoire

MILKFISH. The name has caught my eye many times as I wandered past the fish counter at Carrefour. I've not noticed this beautiful silvery creature before. It looked like a mullet, but had a more tapered head. And such big, bright eyes.

They were just too tempting to resist and I bought three.

Back home, I did my homework. Milkfish, it seems, is an extremely popular fish in the Philippines, where it is called *bangus*. It is not only eaten fresh, but its meat is processed into a wide variety of products – including sausages and *lumpia*, a Filipino version of spring rolls.

I also discovered a recipe for baking milkfish, which I have adapted for today. It uses a

tomato and coriander salsa liberally sprinkled with black pepper and salt. Slices of lemon prevents the fish from sticking to the foil.

Its aroma was wonderful after just 20 minutes in a hot oven. The milkfish is a white fish, and its fat tends to gather around the bones and its stomach lining. Baking it releases all the oil and juices.

The texture is a little dense, so I recommend that you undercook it slightly rather than bake it too long. It's a lovely fish, to be eaten hot and piping with its tomato and coriander salsa.

I also did a baked salmon tail with garlic chips and chilli flakes since it was "fish" day. The salmon tail costs about \$8 from the wet market and needed very little preparation ahead apart from slicing the garlic chips.

I did a diamond scour across its skin and sprinkled salt and chilli flakes over. (The salt will help

to crisp the salmon skin.) Other than that, it is a very easy dish to do.

Place the salmon tail on a piece of baking parchment or foil-lined tray and bake it uncovered in a hot oven (220 deg C at least) for 15 minutes.

It's a great everyday dish for the family, and fast, but it will also make a nice party dish if you use a whole side of salmon.

Fillet off one side and keep it for another dish. That's because you want to cook the salmon fast over high heat to crisp the skin and keep the salmon juicy. A thick slab of salmon will take longer to cook and may dry out.

Fish is healthy food good for the kids and good for you. I won't go on about the merits of Omega 3 oils and all. But we can all do with a nourishing feed of fish occasionally.

I hope you like these two recipes, and do e-mail me if you have questions.



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Inahaw na bangus (Baked milkfish)

Ingredients:

2 milkfish
1 lemon
1 bunch coriander
3 large red tomatoes
Sea salt
Freshly ground black pepper

Method:

1. Clean fishes well, removing gills and intestines. Rub with sea salt.
2. Chop up tomatoes and coriander. Mix together with 1 teaspoon of sea salt and black pepper. Cut lemon into thin slices.
3. Lightly oil a large piece of aluminium foil. Place extra coriander leaves in the centre. Place slices of lemon on top of coriander.
4. Stuff chopped tomato mixture into the tummy cavity of the fish.
5. Place fish on top of lemon slices and coriander. Place a few more slices of lemon on top. Wrap foil around fish. Bake in 220 deg C oven for 20 minutes.

Grocery Checklist

(Fresh produce prices are seasonal):

Milk fish (about \$8.00 for 3)
lemons (3 for \$1.20)
Coriander (\$1.50 per bunch)
Tomatoes (\$1.20)
(All items available at Carrefour)

Baked Salmon Tail with Garlic chips

Ingredients:

1 salmon tail (about 800g)
3 clove garlic
Chilli flakes
Sea salt

Method:

1. Clean salmon, making sure to remove all fine scales. Cut 1 cm deep incisions across the fish, scouring a diamond pattern.
2. Liberally sprinkle sea salt and chilli flakes across the surface of the fish, bending the fish slightly so some flavouring falls into the slits.
3. Skin garlic cloves and cut into thin slices. Sprinkle garlic chips on the fish, pushing some into the slits.
4. Bake uncovered in foil or parchment lined baking tray in a hot oven 15 minutes or until skin is crisp. Serve hot.

Note:

Use salt liberally for this dish. It helps to crisp the skin.

