



Ang Chow Nanru Barramundi Dry Mee Sua

Recipe By Petrina Loh,
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SERVES 4 PREP TIME 30MINS COOK TIME 30MINS

INGREDIENTS	METHOD
<p><u>For the Ang Chow Nanru Sauce:</u></p> <p>30g sesame oil</p> <p>10g ginger paste</p> <p>15g garlic paste</p> <p>A pinch of white pepper</p> <p>A pinch of Szechuan pepper powder</p> <p>240g ang chow (fermented red rice wine)</p> <p>160g nanru (fermented red bean curd paste)</p> <p>50g Shaoxing wine</p> <p>800g fish stock</p> <p>A pinch of salt</p> <p>10g fish sauce</p> <p>20g arrowroot starch, mix with 40g water</p>	<p><u>For the Ang Chow Nanru Sauce</u></p> <ol style="list-style-type: none"> 1. Prepare the Ang Chow Nanru Sauce. Heat sesame oil in a pan over medium heat. Add ginger and garlic paste and spices and fry till fragrant. 2. Add ang chow and nanru to the pan and continue frying. 3. Pour Shaoxing wine into the pan and stir gently till well incorporated. 4. Slowly stir in fish stock. 5. Add salt and fish sauce, stir and let the mixture simmer till it is reduced by $\frac{3}{4}$. 6. Add in arrowroot mixture, stir well. 7. Strain sauce and set aside for later use.
<p><u>For the Ang Chow Nanru Vinaigrette:</u></p> <p>80g ang chow sauce</p> <p>40g red wine vinegar</p> <p>90g sesame oil</p> <p>1 calamansi</p>	<p><u>For the Ang Chow Nanru Vinaigrette</u></p> <ol style="list-style-type: none"> 1. Prepare the Ang Chow Nanru Vinaigrette. Combine all the ingredients in a large bowl and mix well. 2. This vinaigrette will be used for the salad dressing and for marinating the barramundi fillets.
<p><u>For the Barramundi Fillets:</u></p> <p>150g local Kuhlbarra barramundi fillet, skin on</p> <p>potato flour, as needed</p> <p>30g canola oil</p>	<p><u>For the Barramundi Fillets</u></p> <ol style="list-style-type: none"> 1. Prepare the barramundi fillets. Marinate the fish with the ang chow nanru vinaigrette prior to cooking. 2. Pat dry fish with kitchen towels and dust the skin with potato flour. 3. Heat cooking oil in a pan till oil is very hot. To check if oil is ready, add a little bit of potato flour to the pan – the oil is ready when the oil starts to bubble. 4. Fry the fish till skin is crispy and golden brown and crispy. 5. Reduce heat to low and cook till fish is ready. 6. Remove fish from the pan and set aside on a tray.
<p><u>For the Mee Sua:</u></p> <p>3 litres water</p> <p>4 bundles of mee sua</p> <p>a pinch of salt</p> <p>1 large bowl of ice water</p> <p>90g sesame oil</p>	<p><u>For the Mee Sua</u></p> <ol style="list-style-type: none"> 1. Prepare the mee sua. Bring a pot of water to the boil. 2. Add salt to boiling water. 3. Using a noodle basket, blanch mee sua in boiling water. 4. Douse mee sua in ice water to stop the cooking, drain and place in a bowl. 5. Coat mee sua with sesame oil and set aside.
<p><u>For the Salad:</u></p> <p>500g local MEOD xiao bai cai</p> <p>500g local MEOD red bayam</p>	<p><u>For the Salad</u></p> <ol style="list-style-type: none"> 1. Prepare the salad. Trim off the stems of the vegetables and cut the leaves into bite sized pieces. 2. Dress vegetables with ang chow nanru vinaigrette.
	<p><u>To Assemble</u></p> <ol style="list-style-type: none"> 1. To assemble, portion mee sua and salad on individual plates and serve with barramundi. Drizzle desired amount of ang chow nanru sauce over the noodles, fish and salad, and serve immediately.

RECIPE SHARED BY

SFA in collaboration with Cold Storage