



July 2008

Peter's Tasty Thai Fish Salad

This Thai salad is probably the most popular meal that I make. My family loves it, and dinner guests are suitably impressed. It is somewhat time consuming to make because of the breading and frying of the fish. I often make the salad dressing and salad ahead of time. Sometimes the day before depending on how crazed I am. If you do it before, that means you'll have fish right out of the frying pan to put on the salad.

A variation on the meal would be to smoke a good steak or boneless pork chops on the grill. Slice the meat into thin strips and substitute for the fish.

Ingredients

- 4 Talapia fillets or Catfish
- Panko Japanese style breadcrumbs
- Flour
- Garlic Salt
- Pepper
- 3 Eggs
- Milk
- Oil
- Lettuce
- Shredded green or red cabbage
- Red onion
- Cherry Tomatoes
- Cucumber
- Mango Slices
- Cilantro
- Juice from 3 limes
- Thai Fish Sauce
- Garlic
- Cider Vinegar
- Brown Sugar
- 2 Half gallon size Baggies

Salad Dressing

In a 2 cup measuring cup add the juice from the limes, an equivalent amount of Thai fish sauce, 2 TBS of cider vinegar, 2 cloves of garlic finely minced, 3 or 4 TBS of brown sugar (or to taste) and one quarter cup of oil (I use Canola or Sesame oil).

Stir all ingredients until well mixed, then refrigerate until needed.

Fish

In a 1/2 gallon size baggie add 1 cup of flour, 1 TBS each of garlic salt and pepper. Shake bag to mix ingredients.

In a small bowl, beat eggs with a splash of milk or half and half until blended.

In another 1/2 gallon size Baggie add 2 cups Panko Bread Crumbs or as needed.

Cut the Talapia Fillets in half length wise (or down the crease). Then cut into 1 inch strips.

4 or 5 at a time, put fish strips first into the flour mixture to coat. Then into egg mixture to coat, and then into breadcrumb mixture to coat. Continue until all Fish strips have been breaded.

In a large frying pan add oil until about 1/4 inch deep. I use Canola or Sesame oil (not toasted sesame oil). Heat oil until hot then reduce the heat. Add breaded fish strips and cook until evenly browned on all sides. Turn frequently with tongs to avoid burning. The cooking time shouldn't take more than 10 minutes if the oil is hot when you start. Fry the fish in batches until all are cooked. Place the fish on paper towels to soak up any extra oil.

Putting Salad Together

On large individual plates or bowls, put chopped or shredded lettuce that has been mixed with shredded cabbage. Arrange thin slices of cucumber, thin strips of red onion, strips of mango, and halved cherry tomatoes on top of lettuce. Add the fish and sprinkle with chopped cilantro. Spoon the salad dressing over all. Enjoy.