



Grilled Cilantro Fish in Coconut Broth

Adapted from Cuisine for Two

BAH Note: I used halibut instead of grouper. Instead of fillets, I got halibut steaks at the store. If you use steaks instead of fillets, watch out for bones...they are everywhere. I don't have a lot of confidence in being able to judge when meat or fish is done so for the halibut, I figured it was done when it started to fall apart. The presentation wasn't pretty but the fish was perfectly cooked. If you have a grill, CFT says you can grill the fish over direct heat, covered.

For the Fish:

- 1/2 cup fresh cilantro leaves
- juice of 1 lime (about 1 to 2 tablespoons)
- 1 tablespoon olive oil
- kosher salt
- 2 fresh halibut or grouper fillets

For the Broth:

- 2 tablespoons minced shallots
- 2 tablespoons minced ginger
- 1 1/2 teaspoons vegetable oil
- 1 can coconut milk
- 1/4 cup chicken broth
- 1 tablespoon sugar
- 1 tablespoon fish sauce
- 1 Vietnamese or Thai chile, seeded and thinly sliced

Place the cilantro, lime juice, olive oil, and a pinch of kosher salt in a food processor and pulse until it forms a rough paste. Transfer the paste to a shallow dish, add fish, turn to coat, and marinate at room temperature for 15 minutes.

Meanwhile, saute shallots, ginger, and vegetable oil over medium low heat for approximately 5 minutes until soft. Add the coconut milk, chicken broth, sugar, fish sauce and sliced chile. Using an immersion blender, carefully blend the sauce. Add kosher salt to taste. Then simmer gently until the sauce is reduced by about half. If the heat is too high, the sauce will foam up and boil over the sides of the pan.

Lightly coat a grill pan with vegetable oil and heat over medium flame. Remove the fish from the marinade and place on the prepared grill pan. Cook for 7 to 10 minutes per side or until the fish flakes easily and is firm.

Ladle broth into two bowls and top with fish.

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