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Ca kho to seasoning

We tộ in cá kho tộ refers to the clay pot this dish is traditionally cooked in an inch I don't have spare clay pots at hand and I'm sure most of you won't have it either so we're going to cheat a little bit and do it in good ol' fashion non-stick pan. Mom's old restaurant served cá kho in a clay pot, but she confessed to me that it was actually cooked in a saucepan and just translated into a pot. Chefs even warmed up the clay pot to fool unsuspecting customers into believing it was an actual kitchen vessel. Wow. (shh!) It was a popular dish in southern Vietnam, as there was a lot of meat and fish. Obviously, many fish species were available there, but some dishes tend to adhere to certain varieties or are influenced by local availability. What kind of fish? Cá lóc (snakefish) is commonly used in Vietnam because it is cheap. Another popular and expensive option was cá trê. Both are only available in freezing sections of Vietnamese markets, but trying this frozen

variety is not worth it. Instead, people in the States tend to avoid fish options like pasta and go for catmas:Its popular for its higher flesh content with fewer bones - a pretty American choice right? This boozy catfish is eaten at any time of the day, all year round. A common practice is to use fillets from the center to make this fish recipe, and use heads and tails for canh chua (sour soup full of veggies-recipe soon!). My aunt actually came today to make cá kho with fish from tin (cá he), in a pressure cooker with which I never got the opportunity to experiment. This fish smells stronger, so it is balanced by adding a little tea(!). Thoughts on Fish SauceOn my older thit kho recipe (a Vietnamese pork carcass with eggs) I recommended using three fish sauce brand crabs, simply because I learn mostly from my mom, who developed most of her cooking using this brand. There are really slew fish sauce brands to try though, with many premium offerings in the last few years. I need to experiment with a larger type for my own knowledge. Kyle Hildebrant and his friend did a blind taste test on their website, Our Daily Brine. It seems that the best fish sauces were from Vietnam, and tend to have fewer ingredients, mostly fish, salt and water. Those that didn't taste so good by accident (or not?) contained a combination of hydrolysis plant protein, MSG or caramel color. Another reasoning when choosing fish sauce - your health. Some brands contain sodium benzoate, a common food preservative. The Center for Science in the Public Interest describes it as safe for most people, except for sensitive individuals. Couple that with this substance that causes off taste in many brands is cause for me to avoid it whenever possible. Or at least the venture in the opening is better Serving ItCa kho is a very rich and salty dish, so it goes well with many wegens to balance it out. Serve this with chopped cucumbers, boiled vegetables or even some pickled mustard greens (dua chua), despite the salt content. If you ever cook recipes on Hungry Huy, I'd love to see pictures of it and hear from you! Bye bye! Published September 27, 2016 by NPFamily Recipes - No comment : Vietnamese Fish Stew (Cá Kho Tộ) - www.npfamilyrecipes.com To change our daily meal, we've tried to make varieties of fish dishes for our favorite kids to make sure they get enough nutrients, including baked salmon with lemon-butter sauce, baked Lemongrass fish, etc. At this time we want kids to try our traditional boozy dish by making Vietnamese boozy fish or boozy catfish in Claypot (Ca Kho To). Usually we use cate veins to make a dish, as well as add pork to it. Since pork will release some of its fat into the sauce during our braising process, our boozy dish will be tastier and tastier. Add pork is absolutely optional. We know if the recipe is successful when children will ask for more. Since we do this to our children, we don't add hot peppers. If you like spicy food, you can add a little Thai chili pepper. This will increase the taste and taste. You can make this recipe with a clay pot or cast iron skills. In Vietnam, this dish is always made in a clay pot. Since we don't know for the high safety confidence of clay pots sold in Asian markets, we choose a cast-iron skill set made in the US. It will also help keep the heat longer and warm evenly, which is crucial for this dish. For other fish recipes, check out our baked fish with lemongrass (Cá Nướng Sn) and baked salmon with lemon-butter sauce (Cá Hôi Nướng Sát Bnợc Chanh). Visit our Youtube channel for more video preparation, . Vietnamese Stew Fish (Cá Kho Tộ) To change our daily meal, we tried to make varieties of fish dishes for our beloved children to make sure they get enough nutrients, including baked salmon with lemon butter sauce, baked Lemongrass fish, digestion. At this time we want kids to try our traditional boozy dish by making Vietnamese braised fish. Usually we use cate veins to make a dish, as well as add pork to it. as pork will release its fat into the sauce during our braising process, our boozy dish will be tastier and tastier. Instructions Thinly cut shallots. For green onion mince, only the white part of the onion. Thinly chop the green part. Set aside. Slice the pork into thin slices. Place in a bowl and marinate with 1 tsp sugar, tsp salt, 1 tsp fish sauce, 1/4 tsp ground pepper, and 1/2 amount of minced onions. Stir. Set aside. In another bowl, marinate the fish with 1 and 1/2 teaspoons of sugar, 1/4 ts.p. salt, 2 ts.p. fish sauce, 1/4 p.p. remained minced onions, and 1 tsb of mushroom seasoning, when used. Mix well. Marinate for 15 minutes. Heat a cast iron or clay pot over a medium heat. Add 2 tsq of sugar on one side of the pan. (Don't stir until the sugar melts.) Pour 1 tss of oil on the other side of the pan. Add the chopped shallots. Stir fry until fragrant. Pour in the pickled pork. Stir fry for 1 minute. Lay the pickled fish over the pork. Add water. Bring it to the boil. Cover and cook for 4 minutes on each side. Then rinse the lid and cook for 6-8 minutes without coating or until it reaches the desired consistency. Garnish with chopped green onions. Sprinkle with ground pepper. Served with white rice and soup or with white rice, lettuce and cucumber. Enjoy and good luck! Please let me know your result! Recipe notes If your caramel sauce is burnt, you should discard it right away. If not, it will destroy your entire dish. It's good if you make caramel sauce up front or you can buy it from any Asian grocery store. Fried shallots will eliminate the fishy smell, as well as give the dish a great taste. Main Ingredients Cost of Cate steak \$5.19 Pork \$1.79 -----\$6.98 mode (\$1.75/serving) Related recipes This entry was published in all recipes, Fish, pork, seafood and marked stews, stewed fish in a clay pot, ca kho, ca kho to, cach lam, cach nau, a recipe for cast iron fish skill, how to make, NPFamily Recipes, recipe recipes NPFamily. Bookmark permalink. Knoll80%4g碳水化合物0%- 脂肪20%1g蛋白质该食物如何融入你的保常目标? 卡路里目标1976 卡路里24 / 2000 卡路 里剩余完成活动需消耗:24 卡路里3赛车 的 分钟 2跑步 的 分钟 8清理 的 分钟 Vietnamese ho dishes (pronounced cau) are comforted by boozy foods cooked in clay pots, and roast the nounk mau, delicacy caramel sauce with deep notes of molasses and coffee. This ho recipe has fish (cá), but pork, chicken, seafood, tofu or eggs are also popular ho dishes. 4 servings steaks or cate veins -- 1 1/2 pounds Fish sauce -- 1/4 cup shallots, minced meat -- 2 or 3 garlic, mince -- 4 or 5 cloves White pepper -- 1 teaspoon Oil -- 2 tablespoons Nuok mau caramel sauce -- 1/3 cup onion, cut into 2-inch pieces - 3 sprigs cilantro - for garnish Place the fish in a large bowl with fish sauce, shallots, garlic and white pepper. Stir and allow to marinate for about 30 minutes. Take the fish out of the marinade, reserve the marinade and dry. Heat the oil over medium heat in a medium-sized clay pot or Dutch oven. Add the fish and brown on both sides. Stir in the reserved marinade, caramel sauce and onions and bring to the boil. Reduce the heat to medium-low and simmer for 15-20 minutes, or until the liquid is reduced to thick enough Adjust the seasoning to taste fish sauce and sugar. Sugar. with sprigs of cilantro and serve with steamed rice or chopped baguette. Catfish is the most common fish for ca kho k, but you can use any kind of fish you like. Fat fish such as salmon, trout or mackerel tend to hold up better. One tablespoon of minced meat and/or a tablespoon of finely chopped cilantro stalks can be added to the marinade. Add one or two minced red chillies for a little heat. Add 1/2 cup coconut juice (not coconut milk) when you add marinade and caramel sauce. If you don't want to make your own caramel syrup, you can use the commercial version found in many Asian markets. A common brand calls it coco caramel surup. Or try using Indonesian kecap manis. Claypots can be purchased in most Asian markets and quite cheap (typically around \$6 to \$8 each). Whats4eats is a member of Amazon Services LLC Associates, an affiliate advertising program designed to provide us with the means to receive fees, to associate with Amazon.com and affiliated sites. The room was quite big and comfortable. I searched the internet for a recipe and that's what I came up with. The room was quite big and comfortable. It's usually made in a clay pot, but a 2-quart pan will squat. Beware, fish sauce is a very punchy ingredient. DIRECTIONS In a heavy saucepan with 2 quart, cook the sugar over a low and medium heat, constantly circling the pan, until brown and caramelised. Remove the pan from the heat and stir the fish sauce into the caramel. He's going to smoke a little bit. Turn the pan on a low heat and gently simmer for about a few minutes, stirring until the sugar has completely dissolved. Stir in the shallots, chilli and ginger. Add the fish to the caramel sauce and sprinkle with black pepper. Bring to the boil. Reduce the heat to a minimum and cover the pan. Simmer for 30-45 minutes, turning the fish occasionally and gently. Serve with rice. Rice.

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