

## Whole Snapper Asian Style

---

Quantity 2-3 Port.  
Author Martin ZGraggen  
Category Main Courses | Seafood  
Time Preparation time 35 minutes      Cooking time 20-25 minutes      .....  
Difficulty Beginner | Intermediate | Experienced

---

### Ingredients

<u>QUANTITY</u>	<u>UNIT</u>	<u>PRODUCE</u>
-----------------	-------------	----------------

1	PC	Snapper whole fresh, gutted and scaled (1 pc = 750 GR)
---	----	--

### PASTE

5	GR	Parsley flat stems
5	GR	Ginger fresh
1	PC	Garlic clove fresh
5	GR	Coriander seeds
1	PC	Star Anise
2	GR	Mustard seeds yellow
1	PINCH	Chili red, ground
1	PINCH	All Spices, ground
5	ML	Sesame Oil, pure
	As needed	Rock salt pink, Himalaya
	As needed	Black pepper mill
5	GR	Shrimp paste
½	PC	Lime leaf Kaffir

### CAVITY

1	PC	Lemon
20	GR	Lemongrass, fresh

### VEGETABLES / SAUCE

1/2	PC	Lime leaf Kaffir, fresh
5	GR	Ginger fresh
20	GR	Sugar white
2	PC	Garlic cloves, fresh
100	GR	Onion brown
100	GR	Carrots, fresh
80	GR	Leek, fresh
60	GR	Mushrooms bottom
50	GR	Celery, fresh
60	GR	Snow Peas fresh
5	ML	Fish sauce
20	ML	Soya sauce
5	ML	Soya sauce, sweet
10	ML	Oyster sauce
100	GR	Tomatoes, fresh
20	GR	Shallots, fresh
40	GR	Parsley flat, fresh
120	GR	Broccoli, fresh

### Mise en place / Pre-Preparation

-Clean whole fish (take out guts and scale)  
-Cut off all fins and clip / cut tail fin  
TIP: ask your fish monger to do this for you



## Whole Snapper Asian Style

---

**Follow instruction on my [Picture Recipe](#) for this dish / recipe (click on link below) for METHOD (preparation and cooking), PLATING / SERVING and EQUIPMENT / TOOLS needed**

[http://www.enabledcooking.com/wp-content/uploads/2015/09/PR\\_WholeSnapperAsianStyle2.pdf](http://www.enabledcooking.com/wp-content/uploads/2015/09/PR_WholeSnapperAsianStyle2.pdf)

**Remarks / Comments:**

-Snapper can be replaced by Barramundi, Ocean trout, etc...

-If desired fresh chili can be added to the recipe (replacing the chili powder)

-Served in the tray in the middle of the table (family style), serve with steamed or fried rice

