



Nga Paung Steamed Fish with Vegetables



A tasty way to cook a fresh catch!



Steamed fish is popular across Myanmar especially in the Shan and Kachin regions.

Fresh river fish are commonly used in this dish although if you're cooking it at home, you can experiment with what is available locally.

The fish is traditionally wrapped in a banana leaf and steamed over a charcoal burner. In restaurants you are likely to get the authentic experience, however if you don't have a charcoal burner its just as easy to wrap the fish in tin foil and cook it in your rice cooker.

Steamed Fish

Serves : 4

Cooking Time: 1 hour

1. Smash the garlic and ginger together until a fine paste
2. Clean the fish and scrape off any scales. Rub the fish in salt and then marinade in the paste, a little vinegar, soy sauce and fish sauce.
3. Refrigerate and leave to marinade for at least 20-30 minutes.
4. Turn on your rice cooker and add water so that it is half full. Turn it onto cook and wait for it to heat up.
5. Wrap the fish in tin foil and place into the steaming tray of the rice cooker.
6. Place seasonal vegetables on top of the rice fish and steam for 15-20 minutes, or until steamed and cooked through.
7. Serve the fish whole or filleted. Squeeze lime juice over the fish, add slices of lime around the edge and sprinkle with coriander.
8. Serve in the middle of the table with the vegetables for everyone to share.

Ingredients

White Fish e.g snapper.
Use filleted fish if you prefer

1/2 bulb Garlic

4 cm Ginger

Bunch Coriander Leaves

Vinegar

Fish Sauce

Clear Soy Sauce

2 fresh limes

Seasonal Vegetables

Carrots

Cauliflower

Cucumber

Kailan