



Thai Fish Cakes

Serves eight

2 pounds of white fleshy fish such as tilapia, basa, yellow stipe, mongrel, etc. – chopped
2 to 3 tsp. red curry paste
1 cup very finely chopped green beans
2 TBS of very thin strips of Kaffir lime leaves (if you can't find these don't worry)
1 cup whole Thai basil leaves – you can use regular leaves if you can't find these
½ TBS fish sauce
1 TBS of sugar
1 egg – only if the fish is too dry*
½ cup roasted, salted peanuts
½ cup finely sliced cucumber
1 cup sweet chili sauce
Vegetable oil

Place the fish and the curry paste in a food processor and process until fish is ground. If you do not own a food processor you can squish the fish and mix in the curry paste by hand. You will need to use gloves as the curry paste is very strong and spicy.

Add the fish sauce, sugar, green beans, kaffir lime leaves and basil to the fish. Mix it all up. The fish has to be wet. If it is on the dry side add the egg and mix again. Do not add any salt as the fish sauce and the curry paste already have some.

Heat enough oil in a pan to cover the fish patties. Make sure it gets very hot before you start frying them. Otherwise your patties will boil in the oil and get very oily.

Make your patties as you add them to the oil. Roll the fish into a ball the size of a golf ball and flatten. Do not over crowd your pan. These need room to puff up. So work in batches. Fry the fish until it is browned and then flip it. Cook until the other side had browned as well. Remove the patties to a paper towel lined plate. The patties will deflate when you take them out of the pan.

Place the peanuts in a dry pan and toast them until they have some dark spots. Cool down and place in the food processor. Chop finely.

Place some cucumber in a small dipping bowl and cover with sweet chili sauce. Place some chopped peanuts on top. Serve the sauce with your fish cakes and enjoy. This sauce is also used with Thai spring rolls.

1/8th of the fish patties no dipping sauce - CALORIES 167.44; FAT 8.22 grs (sat 0.38; mono 1.16; poly 3.35); PROTEIN 19.21 grs ; FIBER 0.58 grs; CARBS 4.4 grs; CHOLESTEROL 0.00 mg; IRON 1.58 mg; SODIUM 214.64 mg; CALCIUM 46.24 mg

Dipping sauce - CALORIES 132.88; FAT 4.73 grs (sat 0.78; mono 2.34; poly 1.37); PROTEIN 2.56 grs; FIBER 0.87 grs; CARBS 13.6 grs; CHOLESTEROL 0.00 mg; IRON 1.15 mg; SODIUM 328.93 mg; CALCIUM 6.53 mg

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