

# Fish baked in banana leaves



## Ingredients

Serves 6

- 6 x 150g piece of firm local fish
- 6 x large banana leaf pieces
- 2 sticks lemongrass- chopped
- 3x red chilies
- 6x kaffir lime leaves
- A bunch of Thai (saw tooth) coriander-
- 3 large limes and zest of these
- 3 spring onions/ shallots
- 1 large piece of ginger or galangal
- 1 tin coconut milk of 250 ml fresh coco milk
- A pinch of salt or fish sauce

## **Fish cooked in banana leaves**

**Prepare all the ingredients to go in the parcels-**

- **Finely chop the chili and chop lemongrass**
- **Finely cut the coriander and cut spring onion or finely dice the shallots**
- **Grate the ginger**
- **Zest the limes and then juice them put juice aside**
  
- **Now cut the banana leaves into sections, without their rib and not ripped, about 20cm x 20cm. folding them, put a gas ring on, or better over the heat of a fire and waft the banana leaf back and forward. This softens the leaf so it won't split**
- **Lay these matt side up and place a piece of fish in each one, now put a little of all the prepared ingredients in each parcel, including a whole lime leaf and pour over a little coconut milk**
- **Fold over the edges not parallel with the banana leaf veins, then the ones on the other side to make a parcel. Fasten these with tooth picks or sticks of rosemary or lemongrass and place in a glass casserole dish**
- **Put in the preheated oven on 200 C heat and bake for 35- 40 minutes**