

RECIPE

Fried salted kulao fish spicy salad

RECIPE BY : KULAO THONG MAEPAN TEAM

PRODUCT BY



KULAO THONG
MAEPAN
TAKBAI

Total time
7-8 Mins.

Prep time
3 Mins.

Cook time
4-5 Mins.

Fried salted kulao fish
spicy salad



Ingredients

| | |
|--------------------------|---------|
| Dried salted kulao slice | 1 piece |
| Lime or lemon | 1-2 |
| Sliced shallot | 2 tbsp |
| Sliced chili | 1 tbsp |
| Sugar | 2 tsp |

Preparation

Rinse the piece of fish with water, then dried it before frying

Heat oil in a pan to 150c. Reduce heat to medium or low. Put the sliced fish in. Cook for 3-5 minute

Shake oil off and put the fried sliced fish to the plate, then sprinkle a little bit of sugar and lime juice on top.

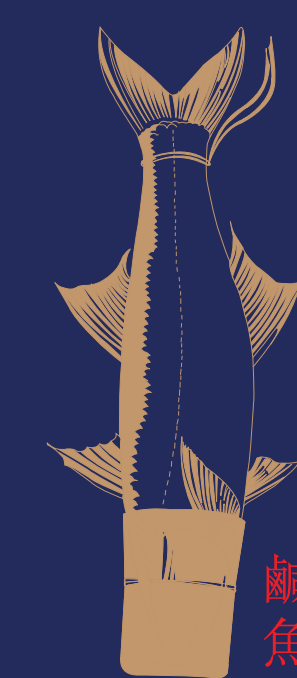
Serve with sliced chili and shallot.

RECIPE

Salted kulao fish dip with coconut milk

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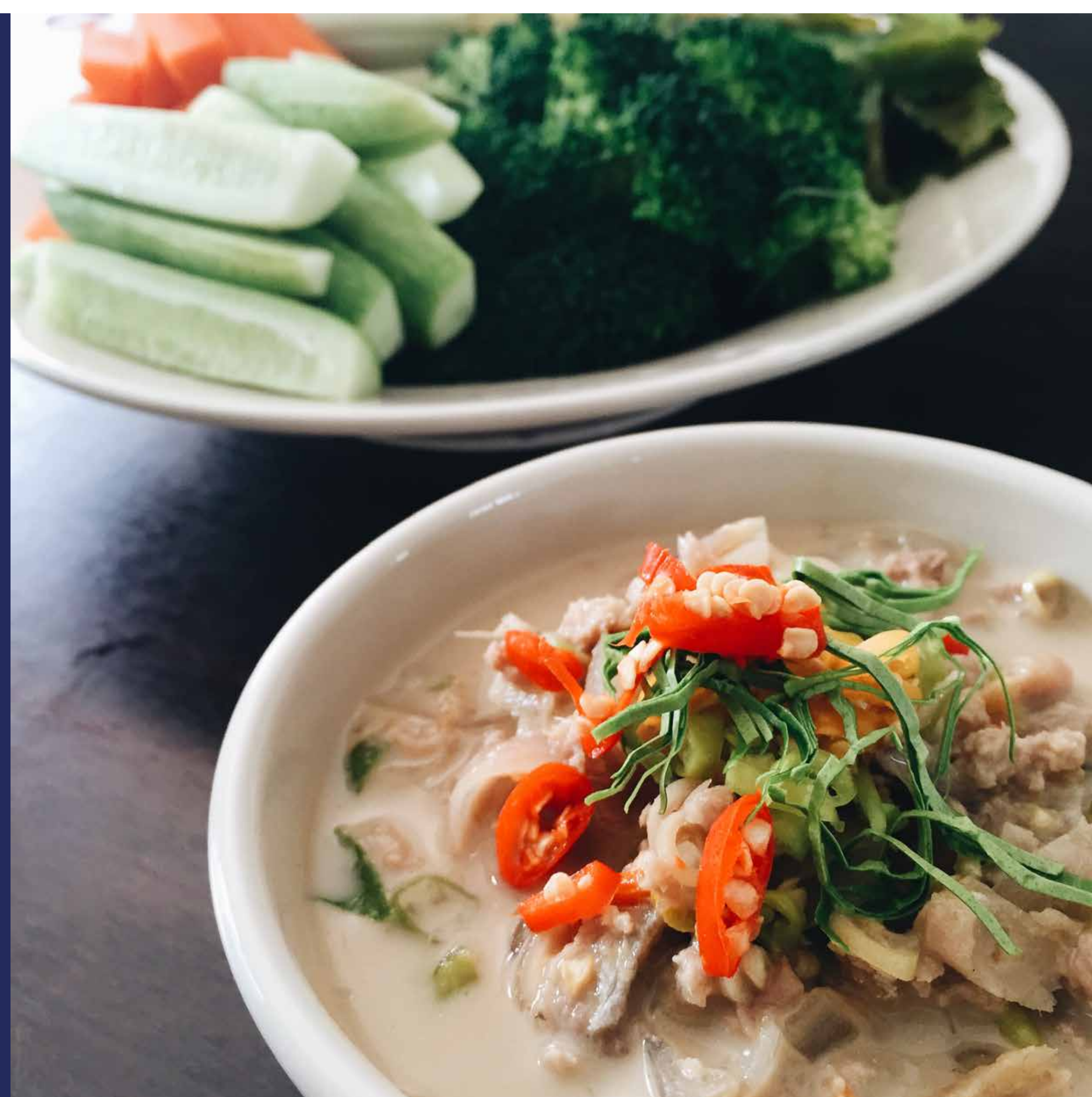
KULAO THONG
MAEPAN
TAKBAI

Total time
35 Mins

Prep time
10 Mins.

Cook time
20 Mins.

Salted kulao fish dip
with coconut milk



Ingredients

| | |
|--------------------------------|----------|
| Fried Salted kulao fish fillet | 1 Cup |
| Coconut cream | 125 ml. |
| Minced Meat | 50 g. |
| Red shallot (sliced) | 3-4 |
| Coarsely red or green chilli | 4-5 tsp |
| Sugar | 1-2 tsp |
| Tamarind sauce | 2-3 tbsp |
| Lemondgrass (sliced) | 1/2Cup |
| Kaffir leaves | 4-5 |

Preparation

In the pot, bring water and coconut cream to boil. Add minced meat, chopped fried salted kulao fish, stir until mixed well.

Add lemongrass sliced, coarsely chopped red shallot and mixed it well. Leave it boiling for 3 minutes.

Season with palm sugar or sugar and tamarind concentrated and stir until ingredients mixed well. Then taste and adjust the seasoning (the original taste should be balance salt and sweet). Then leave it boiling for 30 minutes until the dip is thick.

Lastly add kaffir leaves, coarsely red or green chilli and stir until all ingredients mixed well. Remove from heat.

Transfer to a small bowl. Garnish on top with shredded red and green chili peppers. Serve with prepared fresh vegetables, boiled egg and hot steamed rice.

Contact : kulaothong.trade@gmail.com

RECIPE

Spaghetti with Garlic and salted kulao fish

RECIPE BY : KULAO THONG MAEPAN TEAM

PRODUCT BY



KULAO THONG
MAEPAN
TAKBAI

Total time | Prep time | Cook time
20 Mins | **10 Mins.** | **10 Mins.**

Spaghetti with Garlic
and salted kulao fish



Ingredients

| | |
|--------------------------|------------|
| Salted kulao fish fillet | 1/2 cup |
| Dried Chilli | 6-7 |
| Garlic (sliced) | 3-4 cloves |
| Black Pepper | |
| Sugar | 1/2 tsp |
| Spaghetti | 180 g |
| Olive Oil | 2 tbsp |
| Basil | 10 - 15 |
| Salt | |

Preparation

In a pot of salted boiling water, cook pasta until al dente.

While cooking, heat olive oil in a pan. Cook garlic, salted kulao fillet and dried chilli, over low heat until fragrant and cooked through. Season with pepper and sugar.

Add a little pasta water and season with salt.

Add basil and pasta in. Mixed until well and add into a serving plate.