



## Otak Otak (Grilled Fish Quenelles)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 18 banana leaves cut into 6-inch squares
- ☐ 1 teaspoon shrimp paste (Malaysian shrimp paste)
- ☐ 2 tablespoons canola oil
- ☐ 0.5 cup regular coconut milk thick
- ☐ 2 tablespoons coriander seeds
- ☐ 1 large eggs lightly beaten
- ☐ 2 inch galangal fresh peeled coarsely chopped
- ☐ 8 kaffir lime leaves stemmed cut into thin strips

- ☐ 2 tablespoons lemongrass fresh peeled chopped ( 2 stalks)
- ☐ 0.5 cup coconut milk light
- ☐ 5 macadamia nuts
- ☐ 1 pound other mackerel fillet spanish
- ☐ 15 chiles dried red hot seeded
- ☐ 1 teaspoon salt
- ☐ 1 pound shallots peeled coarsely chopped
- ☐ 0.3 cup caster sugar (such as castor sugar)
- ☐ 2 inch turmeric fresh peeled coarsely chopped

## Equipment

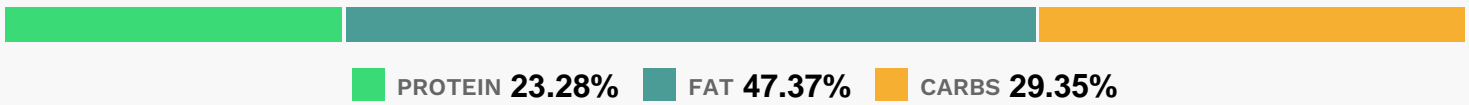
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill

## Directions

- ☐ Place chiles in a medium bowl; cover with boiling water.
- ☐ Let stand for 30 minutes or until tender, and drain.
- ☐ Combine chiles, lemongrass, and next 3 ingredients (through turmeric) in a food processor, and process until finely ground.
- ☐ Add shallots and belacan; process until ground.
- ☐ Heat a large skillet over medium heat.
- ☐ Add coriander seeds to pan; cook 1 minute or until toasted, shaking pan occasionally.
- ☐ Add seeds to chile mixture; process until ground.
- ☐ Increase heat to medium-high.
- ☐ Add oil to pan, and swirl to coat.
- ☐ Add chile mixture to pan. Stir-fry for 5 minutes or until fragrant.

- ☐ Combine regular and light coconut milks, stirring with a whisk.
- ☐ Add coconut mixture to spice mixture, stirring to combine, and bring to a boil.
- ☐ Remove from heat. Cool for 15 minutes; stir in egg.
- ☐ Place fish in food processor, and process until finely ground.
- ☐ Combine spice mixture, fish, sugar, 1 teaspoon salt, and lime leaves in a large bowl. Divide mixture into 18 equal portions (about 3 1/2 tablespoons each).
- ☐ Preheat grill to medium-high heat.
- ☐ Working with 1 banana leaf at a time, place leaf on grill. Grill 1 minute or until leaf color brightens and texture softens; remove leaf from grill. Spoon 1 portion fish mixture into center of leaf, shaping mixture into a 2 x 3-inch rectangle, and fold sides of banana leaf over fish mixture. Secure leaf with wooden picks. Repeat procedure with remaining banana leaves and fish mixture to yield 18 parcels.
- ☐ Arrange parcels on grill rack, and grill for 3 minutes on each side or until desired degree of doneness. Chill at least 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:11.78, Glycemic Load:3.14, Inflammation Score:-3, Nutrition Score:6.2421738375788%

## Nutrients (% of daily need)

Calories: 110.18kcal (5.51%), Fat: 5.9g (9.08%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 7.04g (2.56%), Sugar: 4.95g (5.5%), Cholesterol: 25.34mg (8.45%), Sodium: 173.71mg (7.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.53g (13.05%), Vitamin B12: 1.13µg (18.89%), Vitamin D: 2.35µg (15.66%), Selenium: 10.54µg (15.06%), Vitamin B3: 2.25mg (11.25%), Manganese: 0.18mg (9.11%), Vitamin B6: 0.18mg (9.07%), Vitamin B2: 0.13mg (7.78%), Potassium: 224.35mg (6.41%), Phosphorus: 62.19mg (6.22%), Iron: 1.05mg (5.83%), Fiber: 1.18g (4.74%), Magnesium: 18.49mg (4.62%), Vitamin E: 0.58mg (3.86%), Copper: 0.07mg (3.6%), Vitamin C: 2.85mg (3.46%), Vitamin B1: 0.05mg (3.4%), Folate: 11.92µg (2.98%), Vitamin A: 142.03IU (2.84%), Zinc: 0.39mg (2.59%), Calcium: 23.77mg (2.38%), Vitamin B5: 0.21mg (2.11%), Vitamin K: 1.8µg (1.71%)