



Steamed Catfish in Banana Leaves



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



155 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb banana leaves frozen thawed (see cooks' note, below)
- ☐ 1.5 lb catfish filets cut into 1-inch cubes
- ☐ 3 tablespoons chicken broth canned
- ☐ 12 inch kaffir lime leaves fresh very thinly sliced (sometimes called bai makroot)
- ☐ 2 tablespoons fish sauce (Asian fish sauce; preferably Thai)
- ☐ 1.5 tablespoons rice powder toasted
- ☐ 2 tablespoons curry paste red
- ☐ 3 tablespoons vegetable oil

Equipment

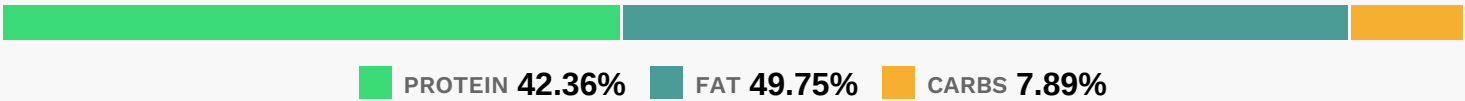
- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil
- ☐ wok
- ☐ kitchen twine

Directions

- ☐ Unfold banana leaves.
- ☐ Cut off and reserve tough center rib that runs along bottom edge of each leaf with kitchen shears.
- ☐ Cut ribs into 12-inch strips (you'll need
- ☐ for tying packets. Gently cut leaves into 8 (10-inch) squares with shears, being careful not to split them (you may want to cut a few extra in case some split while folding). Gently wash banana leaf squares in a large pan of water, then pat dry.
- ☐ Heat oil in wok over moderate heat until warm, about 30 seconds, then cook curry paste, stirring constantly, until very fragrant and a shade darker, 1 to 2 minutes.
- ☐ Add stock and fish sauce and bring to a boil over high heat, stirring.
- ☐ Add fish and rice powder and stir-fry until outside of fish just turns white, 1 to 2 minutes, then transfer mixture to a bowl.
- ☐ Put a banana leaf square on a work surface, then put 1/3 cup fish curry in center of square and sprinkle with some of sliced Kaffir lime leaves. Fold 2 sides of banana leaf over fish to enclose it (be careful not to split leaf), then fold in opposite sides to form a packet. Tie packet with a strip of banana leaf rib and transfer to heatproof plate. Assemble 7 more packets in same manner, arranging in 1 layer on plate.
- ☐ Bring 1 inch water to a boil in wok fitted with steamer rack.
- ☐ Transfer plate with packets to steamer rack carefully and steam, covered with lid, 5 minutes.
- ☐ Serve packets warm or at room temperature.
- ☐ • Fish packets can be steamed 30 minutes ahead. • You can substitute 8 large collard leaves for the banana leaves. Trim stems flush with leaves, then put leaves on pieces of foil cut to

size. Mound fish curry on leaves, then fold up leaves and wrap packets in foil to catch any juices. Tie packets closed with kitchen string for steaming.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:10.23565231458%

Nutrients (% of daily need)

Calories: 155.21kcal (7.76%), Fat: 8.39g (12.91%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.85g (1.04%), Sugar: 0.43g (0.48%), Cholesterol: 52.1mg (17.37%), Sodium: 416.62mg (18.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.08g (32.16%), Vitamin D: 10.64µg (70.91%), Vitamin B12: 1.97µg (32.89%), Phosphorus: 186.55mg (18.66%), Selenium: 12.15µg (17.35%), Vitamin A: 643.5IU (12.87%), Vitamin B1: 0.18mg (11.94%), Potassium: 325.92mg (9.31%), Vitamin B3: 1.86mg (9.29%), Vitamin K: 9.51µg (9.05%), Magnesium: 28.49mg (7.12%), Vitamin B5: 0.66mg (6.56%), Vitamin B6: 0.13mg (6.35%), Vitamin B2: 0.07mg (4.08%), Zinc: 0.58mg (3.88%), Vitamin E: 0.43mg (2.9%), Folate: 10.91µg (2.73%), Iron: 0.46mg (2.56%), Calcium: 19.87mg (1.99%), Copper: 0.03mg (1.7%), Manganese: 0.03mg (1.59%), Vitamin C: 0.93mg (1.13%)