

Vietnamese sweet and sour fish soup

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Vietnamese food sweet and sour fish soup.

Watch my video How to make sweet and sour fish soup Vietnamese on YouTube Blog in Vietnamese: Canh Chua When it comes to soup, we usually think of it as a food of winter comfort. But in southern Vietnam, there are only sunny and rainy seasons. And actually we have tons of varieties of soups! An example is sweet and sour fish soup, or the Chua of Canh in Vietnamese, a popular soup that you can order in any restaurant or food supplier. In reality it has a heavenly taste when the weather is hot. It has the perfect mixture of sweets, acids and spices, with more than three types of fresh herbs that really enhance the flavor. Ingredients: (3-4 portions) 3 slices of fresh or fish base 1 ~ 3 warm hot chili pepper, without seeds, finely chopped 1 elephant stalk, peeled, slice 1A "3 inches thick 1 cup of bean broth , washed, drained well 1 tomato, peeled, cut into wedges 2 cloves of garlic, peeled, cut 1â "2 stealing the fish slices with the pounds. Spray both sides with salt. Then leave them to marinate for 30 minutes. - Meanwhile, prepare other ingredients. Mix the tamarind dough with 1 cup of boiling water. Let him rest. Set on medium heat. When the oil starts smoking, add the garlic. Salgia until the garlic does not smell of good taste and turns a light brown, then remove the garlic. - Add 2 cups of water. Warm oil can splash out of the pot, then be careful. Use a sieve to sail the pulp and seeds pour only the tamarind paste juice in the pan. Then add the sugar and salt. Cover and bring to a boil. - Put the fish in the boiling pot. Reduce heat to medium low. Let it cook for 10 minutes. Then remove the fish. Cover to keep warm. - Add pineapple, tomato. Bring back to a boil. Add fish sauce, lime juice in gradually. Taste the soup for a balance of sweet, acidulous, spicy and salty flavor. Adjust at your leisure. For a greater depth of flavor, add a little more fish sauce, or more lime juice if it's too sweet. - Let the boil soup again. Then add buds of beans, Okra, and elephant ear stems. Bring back to a boil. Add the sawed coriander, the green onion and the cilantro and now you're done! Add the fish to the pot if you don't eat immediately. Before serving, sprinkle with fried garlic. I like to eat fish immersed in chilli sauce. It's very tasty! Slightly season the catfish steaks with salt, pepper, chicken broth and chilli powder. Gently pour the condiments on both sides of the fish steaks. You can use any white fish, but it is traditionally cooked using catfish or molluscs. In a pot of soup, add the vegetable oil and fry the chopped garlic up Gold brown. Transfer fried garlic into a small bowl (to be used as garnish for the soup later) but keep a little oil in the plate. Add the Tomato and jump for 1 minute. Then add 1.5L water and bring to a boil. In a small separate casserole, cook the tamarind pulp with 250ml water for 2 minutes. Use a spatula or a spoon to break the pieces of tamarind. Then pour this liquid into the soup pan through a sieve. Use a spoon to press and force the tamarind through the sieve possible. Scap the tamarind pasta at the bottom of the sieve and mix in the soup pan. Discard the leftovers fiber in the sieve. Add sugar sauce and soup fish. Bring to a boil before adding the fish steaks and cook over medium high for 5-7 minutes or until the fish is cooked through. Remove the fish from the soup. Add tomatoes, pineapple, okra, elephant ear stem, and cook for 1-2 minutes. Then add bean sprouts. Adjust the broth to your taste with salt, sugar, fish sauce or chicken broth. (I added an extra salt of 2 tablespoons and 1 teaspoon of chicken broth). The elephant ear steam can be replaced by celery. The bamboo buds acetate with water 2 times, then squeeze excess water to reduce acidity. Trim Fish fins using scissors. Heat the fish using a fisherman or back of a knife, working from the tail, towards the head. Remove the nanny and intestine fish. Stealing with salt and a wedge of lime then rinse under a delicate cold-running faucet. Cut into 1 inch steaks. Bring 1.5 liters of water to a boil and add a teaspoon of salt. Add snake fish steaks, then bring to a boil again. Then add the bamboo bud. You can add some tomato wedges to add more color and flavor. Season with 2 teaspoons of dust broth, a teaspoon of sugar, a sandwich of annatto or chilli oil to make the soup more tempting. Garnish with a little chopped Paddy Herb rice. Vietnamese sweet and sour snakehead fish soup à € à € "Look how to do it on YouTube 26 July 2017 CANH CHUA Fish Mekong Delta Recipe Vietnamese rice food CANH CHUA is a light and refreshingly fragrant soup from the Delta Mekong region. It is the best to use fat fish like salmon, because silver or regal fish cutlets for soup. Combine it with the fish in a caramelized clay pot and steam rice or serve with vermicell rice as a surfactor wonder for a week's meal. The Tamarind water can be bought in Asian groceries or can be made with tamarind pasta. Just dissolve 1â "2 teaspoon of tamarind pasta with 2 tablespoons of water to create enough tamarind water for this recipe. Main ingredients: 2 slices of salmon 1A "2 pineapple, peeled, sliced in pieces cut to bites 200g Okra, (optional) 1 Targeto Targeto 1A "4 Tamarind water cup 2 tomatoes, cut into wedges 250g of bean sprouts 2 tablespoons of fish sauce 2 teaspoons 1 teaspoon of salt 2 cloves of garlic, chopped 1 bunch With padded herb rice, 2 fish chives, serving fish, serve peaches Peel the outer layer of Taro shoots and cut them on the diagonal. Cut the Okra also on the diagonal. Rinse the bean sprouts. Peel and cut the taro shoots. Fry the garlic in a pan with 1 tablespoon spoon Up to gold. Take off the à €

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