



**EON Foundation**  
Growing healthier communities

# Seafood Recipes

## SEAFOOD MEALS

# BJ'S POP FISH

THIS MEAL SERVES **SIX PEOPLE**



## INGREDIENTS

- 3 fish fillets (Threadfin salmon)
- 2 tablespoons finely chopped ginger
- 4 finely chopped spring onions
- 3 tablespoons soy sauce
- ½ cup fish stock
- ½ cup oil

SERVE WITH (OPTIONAL):

Salad/Vegetables

## COOKING METHOD STEP BY STEP

1. Steam fish for 8-10 minutes or until tender. Refer to "How do I?" page.
2. Place fish on serving plate.
3. Pour 1 ½ cups fish stock over fish.
4. Sprinkle spring onions, ginger and soy sauce over fish.
5. Heat oil in a pan until smoking then take off heat spoon oil over fish.
6. Serve with salad or vegetables.

# CHILLI MUD CRABS

THIS MEAL SERVES **SIX PEOPLE**



## INGREDIENTS

- 3 mud crabs
- 4 garlic cloves, crushed
- 6 chillies, finely chopped
- 2 tablespoons peeled and finely grated ginger
- 30 baby tomatoes or 6 large tomatoes
- 1 tablespoon fish sauce
- 1 cup sweet chilli sauce
- 1 tablespoon sugar

Coriander leaves and shallots to garnish

Salt water: 1 large pot full of sea water or water with ½ cup sea/rock salt

SERVE WITH: (OPTIONAL)

Salad

## COOKING METHOD STEP BY STEP

1. Bring a large pot of salted water to the boil.
2. Place whole crabs in boiling water for 11 mins; then remove and let them cool.
3. Twist out the large nippers and legs.
4. Cut body in half using meat cleaver or large knife.
5. Remove grey gills, and other rubbish.
6. Rinse under running water.
7. Crack the claws and legs with a hammer or meat cleaver to allow the sauce to mix with the meat.
8. Heat a wok over high heat until hot.
9. Add oil and swirl to coat the wok.
10. Stir-fry the garlic, chilli and ginger until soft and fragrant.
11. Add tomatoes and simmer on low heat for 5 minutes.
12. Add sauces, sugar, crab meat and open shell with crab meat still in it
13. Simmer covered for 5 minutes.
14. Serve topped with coriander, shallots and rice.

## SEAFOOD MEALS

# SEAFOOD LAKSA

THIS MEAL SERVES **SIX PEOPLE**



## INGREDIENTS

- 1 small packet of rice noodles
- ¼ cup of Laksa paste
- 1 tablespoon of oil
- 3 cups of fish or vegetable stock
- 1½ cups of coconut milk
- 1 kg of seafood mix (or just fish)
- 1 large handful of bean sprouts
- ½ cup of fresh coriander
- ½ cup of basil
- 2 chillies

## COOKING METHOD STEP BY STEP

1. Put noodles in a bowl and pour cold water over, set aside for 10 minutes.
2. Put oil in wok or pot over medium heat.
3. When hot put Laksa paste and fry for 1 minute.
4. Add in stock and bring to the boil.
5. Add coconut milk.
6. Add seafood and a teaspoon of salt.
7. Divide rice noodles between 6 plates, add bean sprouts and herbs, and then pour the Laksa soup over noodles.
8. Add chilli if you like.



## SEAFOOD MEALS

# OYSTERS KILPATRICK

THIS MEAL SERVES **FOUR PEOPLE**



## INGREDIENTS

- 2 cups rock salt
- 24 oysters, shucked
- 2 tablespoons Worcestershire sauce
- 6 rashers bacon, diced
- 2 tablespoons flat-leaf parsley leaves, chopped
- Lemon wedges, to serve

## COOKING METHOD STEP BY STEP

1. Preheat grill on medium-high heat.
2. Shuck the oysters by putting a knife in between the shell to open and separate the oyster. Throw away the shell without the oyster in it.
3. Place rock salt, in a thick layer, on a baking tray or heatproof plate.
4. Arrange oysters (in their half-shells) on rock salt.
5. Sprinkle Worcestershire sauce evenly over oysters.
6. Top with diced bacon.
7. Grill, on the salt, for 5 to 8 minutes or until bacon is crisp.
8. Sprinkle with parsley.
9. Serve with lemon.

# THAI OYSTERS

THIS MEAL SERVES **FOUR PEOPLE**



## INGREDIENTS

- 24 opened fresh oysters
- 1 cup water
- 2 tablespoons brown sugar
- 2 chilli, finely chopped
- 2 tablespoons soy sauce
- 2 tablespoons fish sauce
- 2 tablespoons lime juice
- 2 small pieces of ginger, sliced
- 4 coriander roots, sliced
- 2 red onion, diced finely
- 1 bunch of coriander or spring onions, chopped

## COOKING METHOD STEP BY STEP

1. Shuck the oysters by putting a knife in between the shell to open and separate the oyster. Throw away the shell without the oyster in it.
2. In a small saucepan, place the water, brown sugar, chilli, fish sauce, soy sauce, lime juice, ginger and coriander.
3. Bring to the boil and simmer for 2 minutes.
4. Strain and set aside to cool.
5. To each oyster, add 1 teaspoon of the dressing with a little diced red onion and a coriander leaf.