

Thai Fish Cake

泰式魚餅



做法 Method

- 青豆角切碎，檸檬葉切細絲。
Chop the green beans into small pieces. Finely chop the kaffir lime leaf.
- 鯪魚肉放入大碗，將青豆角、蛋黃、魚露、檸檬葉及辣椒粉加入拌勻，搓成魚餅。
Place the minced fish in a big bowl. Add in the green beans, egg yolk, fish sauce, kaffir lime leaf, chili powder and stir thoroughly. Whizz until the fish looks like a paste. Form the fish mixture into patties.
- 以中火預熱鈦潔鑊，加入適量油，再放入魚餅，先煎至一面金黃，然後翻轉。
Preheat the Non-Stick Fry Pan on a medium flame. Add enough oil to the pan, then fry the fishcakes on one side until they turn golden brown. Flip the fishcakes.
- 兩面煎至金黃色，即成。
Continue frying until both sides are golden brown. Serve.



iCook™鈦潔鑊
iCook™ Non-Stick Fry Pan

iCook™鈦潔鑊採用Eclipse鈦金屬易潔塗層，傳熱快速均勻，煎、炒、煮、炸、焗皆宜，簡單易用，就算廚房初哥煎嘢都絕不會失手。適合低溫煮食，更健康有營。

The iCook™ Non-Stick Fry Pan has an Eclipse titanium coating with nonstick properties that helps to make cooking and cleaning easier. The pan's fast heat conduction is suitable for all kinds of cooking methods, and even if you are a newcomer to cooking you will find that pan-frying food is a breeze. Meanwhile, the low-temperature cooking method enables you to enjoy healthier and more nutritious foods.



掃描二維碼
瀏覽短片

材料

鯪魚肉	1斤
青豆角	2條
蛋黃	1個
魚露	1湯匙
檸檬葉	1片
辣椒粉	少許

Ingredients

Minced dace fish	0.5kg
Green beans	2pcs
Egg yolk	1pc
Fish sauce	1tbsp
Kaffir lime leaf	1pc
Chili powder	to taste



魚餅知多啲

Learn more about fish paste

魚餅是泰國常見的街頭小食，也是受歡迎的餐前小食，是泰國經典的菜式之一。魚肉中混合檸檬葉的香氣，以及提升口感的青豆角，加上啖啖魚香，是下酒佐飯的一流之選。

Fishcakes are a classic Thai street food and a popular starter at restaurants, and are also a key dish in traditional Thai cuisine. The addition of kaffir lime leaf enhances the aroma while the green beans add a chewy texture. The fishcakes are a good choice to serve with rice and wine.