



Cambodian Coconut Poached Petrale Sole (Amok Trei)

40 min

CA

OR

WA

Serves 6

Ingredients

Part 1

Spice paste (Kreung)

3 Tbsp lemongrass, finely ground

3 Tbsp shallots, finely diced

4 cloves garlic

2 tsp fresh galangal root, finely chopped (substitute 1 teaspoons galangal powder, if unable to find fresh)

1 tsp mild to medium ground chili powder (e.g. Gochujaru, or Aleppo pepper)
1 Tbsp mild Guajillo chili pepper powder (for color)
3 leaves makrut (kaffir) lime, thinly sliced (reserve 1 leaf for assembly)
1 tsp turmeric powder

Coconut Sauce (Amok)

1-2 Tbsp fish sauce (according to taste)
1 Tbsp palm sugar (can substitute brown sugar)
1 tsp mushroom seasoning (if unable to find, increase salt to ½ tsp)
¼ tsp salt
1 tsp shrimp paste
1 whole cayenne pepper (optional, can substitute 1 tsp mild red chili powder lower spice level is desired)
1 can coconut milk (reserve 2-3 Tbsp)
1 egg yolk, beaten

Fish (Trei)

1 lb Petrale sole fillets. Pin bones carefully removed and cut into 1 inch cubes, or sliced into 1/2 inch thick strips. Rockfish also works well.

Part 2

~10-15 Chinese broccoli leaves, parboiled. You can substitute any other hardy green (kale, chard, beet greens, etc.)
2-3 Tbsp reserved coconut milk
1 leaf makrut (kaffir lime) leaf, thinly sliced
1 tsp white flour

Garnish

1 green onion, sliced or diced sweet red pepper
Jasmine rice, rinsed and cooked
Sliced raw vegetables, like cucumber and carrot

Instructions

Part 1: Make Spice Paste (Kreung)

Process all ingredients for the spice paste in a food processor or coffee grinder until well ground. It should form a moist paste, somewhat similar to Thai curry paste.

Coconut Sauce (Amok) and Fish (Trei)

Mix together the processed spice paste with the fish sauce, palm sugar, mushroom seasoning, salt, and shrimp paste in a medium bowl.

Add coconut milk and beaten egg yolk to the mixture and stir until well combined.

Add cubed fish and stir.

Part 2: Assemble and Steam

Line a medium heatproof bowl (pyrex works well) or ½ pint wide mouth jars (individual servings) with Chinese broccoli leaves.

Spoon the coconut sauce and fish mixture over the leaves.

Mix the flour with reserved coconut milk and drizzle over top.

Sprinkle the sliced makrut (kaffir) lime leaf over top.

Steam in a large steamer for about 20 minutes. The dish is done when the fish will flake easily. The sauce thickens slightly, but will remain fairly liquid.

Garnish and Serve

Top with sliced green onion or sweet red pepper

Serve with jasmine rice and sliced, fresh vegetables for dipping

Tips: Your local Asian grocery store will likely have all of the ingredients for the spice mix and coconut sauce in stock.

The spice paste in this recipe requires some unique ingredients, but can be used in a variety of Cambodian soups and stir fries. It also freezes well, so if you make a larger batch and have it on hand, this dish comes together very quickly. If you make a large batch, use about 8 Tbsp processed spice paste for this recipe.

Recipe by Thanivan Srey So, adapted by Amanda Gladics at Oregon Sea Grant

Photo by Amanda Gladics, Oregon Sea Grant

Species Group

Sole, other Flatfish

Rockfish, Cod, Lingcod, Sheepshead