



COCONUT POACHED FISH

2lbs fish fillets (Walleye, Burbot, Bass)

1 can coconut milk
2 cloves garlic, crushed
2 tbs. ginger root, crushed
2 tbs chili garlic paste
¼ cup white sugar
2 lime leaves (optional)
1 can bamboo shoots

Cut fillets into 1x2" cubes.

In a frying pan simmer all ingredients except fish over medium heat for 5-10 minutes. Add fish and simmer an additional 10 minutes until fish is cooked through. Serve over rice.

Submitted by: Pat Kehoe

Featured at the 2011 Outdoors Women's Program Wilderness Cuisine Session