Vietnamese Clay Pot Fish

*From the Gulf Coast Research Laboratory*

**Source**
This recipe comes from Anita Arguelles, GCRL marketing specialist, fly fisher, and food enthusiast.

**Serves two**

**Tips from the Cook**
I can’t explain my affinity for Asian-inspired dishes and cooking. It is obvious on entering our home. Seasoned woks hang from a chain in the kitchen and cookbooks featuring Asian cooking techniques are on display. Clay pot cooking is a technique I have recently placed in my culinary arsenal. Using a clay pot is easy and quick, and everything I have cooked in one tastes wonderful. You can find clay pots at our local Asian grocery stores, which are plentiful here on the Mississippi Gulf Coast. My favorite is Lee’s International Market on Division Street in Biloxi. We selected the small (individual) size clay pots with matching tops, but there are larger ones. I use snapper, redfish, or trout. Even freshwater catfish is tasty.

**Ingredients**
- Asian clay pot, soaked in water for four hours
- 1-½ cups chunks of skinless fresh fish
- ½ cup all-purpose flour
- ½ tsp. kosher salt
- ¼ tsp. black pepper
- ½ cup water
- ½ cup low sodium soy sauce
- ¼ cup white wine
- ½ cup packed light brown sugar
- 1 Tbs. chili oil or ¼ tsp. red pepper flakes
- ¼ tsp. ground cinnamon
- 1 Tbs. fish sauce
- Garnish with sliced green onions
- Serve with cooked jasmine rice
Instructions

- Remove the clay pot from soaking and dry excess moisture. Preheat oven to 500 degrees. Place clay pot in oven to preheat.

- Pat the fish chunks dry with a paper towel and lightly dust with all-purpose flour. Sprinkle fish chunks with salt and black pepper and set aside.

- Mix water, soy sauce, wine, brown sugar, chili oil, cinnamon, and fish sauce. Place mixture in sauce pan. Bring mixture to low rolling boil, stirring periodically. The goal is to reduce the liquid mixture by half, forming a “reduction” of all the ingredients. The reduced liquid will be dark and rich and will thicken as it cools.

- Remove the hot clay pot from the oven. Place the flour-dusted fish chunks in the pot and pour the reduction over the fish. Cover and place in hot oven (still 500 degrees) and cook for 10 minutes.

- Remove the pot top and cook five more minutes. Check the fish for doneness by poking gently with a fork. If the fish is thoroughly cooked the flesh will yield with no resistance.

- Garnish with sliced green onions and serve with cooked jasmine rice.

No time to cook, but still want to sample clay pot dishes? Then check out Pho Vietnamese restaurant on Government Street in Ocean Springs. Their clay pot dishes are great.

This is one of a series of recipes that highlight the wealth of delicious local seafood ingredients available on the Gulf Coast of Mississippi. Do you have a family favorite? Get in touch; perhaps we can add it to the collection.

Look for more Mississippi seafood recipes on the web at www.usm.edu/gcrl/public/recipes