

# Classic Deep-fried Breaded Horse Mackerel (Aji) with traditional sauce



## <Ingredients (1 serve)>

- 1 Horse Mackerel fillet (butterfly shape is better if possible)
- 1 tsp Sea salt
- 1 Tbsp Plain flour
- 1 Egg (beaten)
- 10g Panko (breadcrumbs)
- Sunflower oil

## <Sauce>

- 2 Tbsp Brown sauce
- 1 tsp Tomato ketchup
- 1 tsp Honey
- 1 tsp Soy sauce
- 1 drop Oyster sauce

## <Method>

1. **Prepare the horse mackerel**



Remove the hard fin from the near the tail toward the belly using a sharp knife.

Cut the head off and remove the guts pulling out. Wash off any blood and blood vessels with running cold water and wipe off any fluid.

Place the horse mackerel on a chopping board vertically and make a slice on back side from head to tail lengthways. Carefully make a slice along with spine remaining the skin of belly.

Turn the horse mackerel over and make a slice from back side to belly along with spine.

Cut off the spine and bones from the body and make a butterfly shape.



Place the horse mackerel on a cooking tray and sprinkle sea salt over.

Keep in a fridge for about 1 hour and remove any excess fluid from the fish.



## 2. Meanwhile make the sauce

Put all ingredients of sauce in a bowl and mix well.

## 3. Deep fry 1st time

Pour the oil into a deep pan and heat up to 165C. \*

Sprinkle the plain flour over the horse mackerel well and coat with beaten egg well. Dredge and coat with Panko well.

Again, put the horse mackerel into the beaten egg mixture and coat with Panko well.

Put the horse mackerel into the oil and deep fry for 3-4 minutes until the crumbs is nicely brown.

\*) When you drop some bread crumbs into heated oil and the crumbs sink and come up soon quietly, the oil is 165C.

## 4. Deep fry second times

Heat the oil on 180C.\*\*

Deep fry for 30 seconds and serve with the sauce immediately.

\*\*\*)When you drop some bread crumbs into the oil and the crumbs flow or repel on the surface, the oil is 180C

