



OR LUAK (OYSTER OMELETTE)

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A SUSTAINABLE SEAFOOD RECIPE

Cooking time: 15 minutes
Serves 2

Ingredients:

- 1) 100g (or 8 large) fresh oysters, washed and drained
- 2) 3 eggs, beaten
- 3) 125ml water
- 4) 2 tablespoons sweet potato flour
- 5) 1 tablespoon rice flour
- 6) 2 tablespoons vegetable oil
- 7) 3 teaspoons fish sauce
- 8) 2 teaspoons rice wine
- 9) 1 pinch of white pepper
- 10) 1 teaspoon chilli paste
- 11) Coriander sprigs
- 12) Lime, halved

Method:

Mix sweet potato flour, rice flour and 1 teaspoon of fish sauce in water to make a very thin batter.

Heat a large flat frying pan until very hot and add oil. Pour in the batter and cook for about 15 seconds until the batter is half set. Add in beaten eggs.

When the egg and batter mixture turns crispy on side down, divide into smaller pieces.

Season with the remaining fish sauce, rice wine, pepper and chilli paste. Add oysters and toss until heated through. (*Tips: oysters are best cooked lightly in a matter of seconds.*)

Garnish with coriander leaves and serve immediately with lime wedge.

Recommended Seafood
Oyster
Farmed
From Canada or China



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