



Fish Sauce Preparation List

Equipment

Must-Have

- Chef knife, at least 6 inches/15cm long
- kitchen scale
- Cutting board
- Glass jar with tightly fitting lid, 2 quarts/liters volume
- wire mesh strainer
- funnel
- disposable coffee filters
- empty soy sauce or hot sauce bottles (10 to 16 oz/275ml to 500ml) with lids

Nice to Have

- Food processor
- Disposable gloves
- Potato Masher
- grater

Ingredients

(makes 2 cups/500ml)

<input checked="" type="checkbox"/>	<i>Imperial</i>	<i>Metric</i>	<i>Ingredient</i>
<input type="checkbox"/>	1 1/2 lbs.	700 g	Fresh whole fish (sardines, mackerel, anchovies)
<input type="checkbox"/>	2		Garlic cloves
<input type="checkbox"/>	1 tsp.	5ml	Mixed or black peppercorns
<input type="checkbox"/>	2		Bay (laurel) leaves
<input type="checkbox"/>	2 Tbsp.	30 ml	Pickle or sauerkraut brine (optional)
<input type="checkbox"/>	1/2 tsp.	3 ml	Lemon zest
<input type="checkbox"/>	2/3 cup	140 g	sea salt (20% brine)