

Khanh Nguyen,
AUSTRALIA

PUT-IT-ON EVERYTHING CHILLI SOY DRESSING

Khanh Nguyen is chef at Sunda, a progressive Melbourne restaurant that draws on his Vietnamese heritage and local Australian ingredients.

During lockdown, Sunda's takeaway menu included a barramundi dish with a heat-and-eat sauce that completely rocked my world. I couldn't believe how tasty this spicy, salty, funky, rich sauce was so I had to ask Khanh for the recipe.

He told me it comes from his mum and was his favourite comfort food dish when he was back home with her in Sydney.

It's so good on fish and greens but you can also eat it plain with rice, or on chicken, tofu or eggs - it's a magic potion that may just change your life. This makes a decent batch that will keep for a month.

Makes: 1 litre

Time: 35 minutes



INGREDIENTS

80 grams (2.8 oz) onion
10 cloves garlic
30 grams (1 oz) fresh ginger
30 grams (1 oz) long red chillies, deseeded
2 tbsp vegetable oil
2 tbsp chicken or duck fat, optional
2 tbsp sesame oil
120 grams (4.2 oz) oyster sauce (see Tips)
220 grams (7.8 oz) soy sauce (see Tips)
150 grams (5.3 oz) rice vinegar
100 grams (3.5 oz) dashi-flavoured soy sauce, optional (see Tips)
50 grams (1.8 oz) caster sugar
250 grams (8.8 oz) water
80 grams salted black beans (see Tips)



Traditional method

1. Roughly chop onion, garlic, ginger and chillies.
2. Heat oils and fat in a saucepan and add chopped ingredients. Cook, stirring often until well caramelised.
3. Add remaining ingredients, except black beans. Bring to the boil then remove from heat and allow to cool.
4. Add black beans and stir through.
5. Store in a sealable container in refrigerator. Sauce will keep for four weeks.
6. To use, shake container to mix, then pour desired amount into a small pot to heat. Pour over fish, rice, greens, tofu, anything!

Thermomix method

1. Place onion, garlic, ginger and chillies in mixing bowl and chop **4 sec/speed 5**.



METHOD

DANIVALENT

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2. Add oils and fat and cook **10 min/Varoma/speed 1**. Scrape bottom of mixing bowl then cook a further **10 min/Varoma/speed 1** until caramelised.

3. Scrape bottom of mixing bowl and add remaining ingredients, except black beans. Cook **10 min/100°C (212°F)/speed 1**, then allow to cool.

4. When lukewarm or cooler, add black beans and stir **10 sec/speed 3**.

5. Store in a sealable container in refrigerator. Sauce will keep for four weeks.

6. To use, shake container to mix, then pour desired amount into a small pot to heat. Pour over fish, rice, greens, tofu, anything!

Tips

- Khanh prefers Megachef brand for the oyster sauce and soy sauce. It does make a difference, but don't let that stop you making it.
- dashi-flavoured soy sauce is available from Japanese grocers. If you can't find it, leave it out.
- salted black beans are available from Chinese grocers.
- I serve this sauce with steamed rice, fish and greens. Start by steaming the rice in the Thermomix steamer basket, then with eight minutes to go add the fish and greens in the Varoma. Fish and greens steaming time will depend on thickness of fillet and how you like your greens. For these flathead fillets, I added the fish with eight minutes to go then added the bok choy with four minutes to go.

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Makes: 1 litre



SHOPPING LIST:

- Onion (80 grams / 2.8 oz)
- Garlic cloves (10)
- Fresh ginger (30 grams / 1 oz)
- Long red chillies (30 grams / 1 oz)
- Vegetable oil (2 tbsp)
- Chicken or duck fat, optional (2 tbsp)
- Sesame oil (2 tbsp)
- Oyster sauce (120 grams / 4.2 oz) (see Tips)
- Soy sauce (220 grams / 7.8 oz) (see Tips)
- Rice vinegar (150 grams / 5.3 oz)
- Dashi-flavoured soy sauce, optional (see Tips)
- Caster sugar (50 grams / 1.8 oz)
- Salted black beans (80 grams) (see Tips)



NOTES & TIPS:

- ➔ • Khanh prefers Megachef brand for the oyster sauce and soy sauce. It does make a difference, but don't let that stop you making it.
- ➔ • dashi-flavoured soy sauce is available from Japanese grocers. If you can't find it, leave it out.