

Wash and pat dry 4 tuna steaks or snapper or grouper filet or any firm-fleshed fish.

Coat fish with fish sauce (nuoc mam). Grind fresh black pepper to taste. Marinate 30 min.

Pat fish dry with paper towel. Dredge with flour, shake off excess.

Preheat 4T vegetable-peanut oil mix in large saute pan.

Fry both sides steak or filet at high heat, about 10 min/inch thickness total (Beard Canadian method). (Aim for medium rare or rare for juicier tastier results.)

Remove fish from pan and pour off all except 2T of oil.

Add 4 shallots (1/2 onion) and 4 cloves garlic sliced very thin. Saute briefly at moderate heat till translucent.

Add 4c canned sliced/diced Italian plum tomatoes with liquid, 2T fish sauce, 1t sugar, 1/4c water.

Deglaze pan. Simmer, stir, 5mins. Taste adjust sugar, fish sauce to taste.

Return fish to pan, cover with sauce, cook till just heated through.

Bring pan to table and serve portions with sauce into individual rice bowls alongside (not on or over) warm rice.

Diners add nouc cham at table to taste.

Serve with flinty NZ Sauvignon Blanc or aggressive Chardonnay.