

BITE BACK AGAINST INVASIVE SPECIES



Prickly Ash



Fish and tomato soup with kaffir lime, cilantro, prickly ash

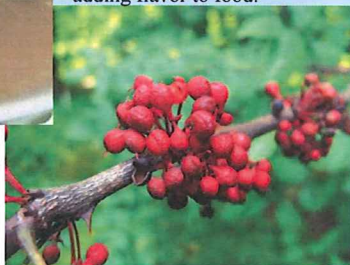
- 2-3 lbs Freshwater whole catfish (or your favourite whole fish)
- 1-2 Tomato – ripe, red.
- 1 ea Onion (or red shallots if you can get them)
- 6 cloves Garlic
- 6 ea Chilli, fresh, red Thai (to taste)
- 3-4 cups Water
- Salt, Sugar, optional MSG if you like it. (Sugar, salt to taste. Everyone's is different, so balance these flavours yourself) As a rule – salt to taste, and just put a hint of sugar.
- 1 tsp Dried prickly ash berry – ground
- 10-12 leaves long cilantro
- 4 each Spring onion
- 2 each Kaffir lime – juice. (you can substitute lime juice & lime leaves)

1. Cut the fish roughly into large chunks. It is best cooked on the bone to flavour the soup. A workaround, (to avoid picking at bones when you eat it) is to fillet the fish, pinbone it, then make a stock by simmering the bones very gently in water for 10-12 minutes only. **DON'T BOIL.** Then use the stock instead of water in step 5
2. Chop the 3/4 of the garlic and all the chilli. Pound it in a mortar and pestle. OR just chop it a bit more.
3. Slice the onion (with the grain – not into rings)
4. Cut the tomato as you wish.
5. Bring the water to a gentle simmer in a pot.
6. Add in the chilli and garlic
7. Add the fish.
8. Reduce to a gentle simmer. Cook gently until the fish is just cooked through (5-10 minutes) **DON'T BOIL!**
9. Season soup with the salt. Taste it. Add a little sugar – this will deepen the flavour
10. Pound / grind the prickly ash with the remaining 1/4 of garlic that you kept from earlier.
11. Remove from heat, add in the prickly ash, squeeze the kaffir limes in and tear some cilantro leaves into the soup
12. Serve immediately.

Dry and crushed prickly ash seeds are usually use as a seasoning for steak, fish, ducks, and other dishes. It can be used as a substitute for black pepper, but only use a little as it is a lot stronger.



Prickly ash seeds are also known as “Sichuan pepper.” Although they are not really pepper, they do have a spicy tasted to them. The spicy taste is often described as a numbing feeling. A little bit of seeds will go a long way for adding flavor to food.



Harvest the seeds when they are orange to red in color. Make sure to wear gloves, if you don't, remember not to touch any other part of your skins as the oil will make more you prone to sunburn.

Always take precautions when handling any wild edible:

- **Secure a positive identification** – a picture may be “worth a thousand words” but it has limited value when it comes to identifying wild plants. You're always better off to seek guidance from someone with experience before foraging wild plants or edible weeds.
- **Know your location and sources** – you must always avoid harvesting plants from areas that have been sprayed with chemicals or exposed to pollutants. In other instances you should avoid removing plants from areas where they are in short supply or if they have not had a chance to multiply.
- **Beware of food sensitivities** – just because a wild plant is known to be edible does not guarantee that you won't be allergic or have a food sensitivity to it, so go easy and act accordingly anytime that you choose to sample a new or unfamiliar wild food source.