



2 minutes application break

# Fish sauce

## Facts

**Origin** Southeast Asia

**Dates back** Ancient

**Ingredients** Fermented fish and salt

Condiment for various dishes

## MixSing Standard



### Design

Shear	CFD simulations confirms $>200,000 \text{ s}^{-1}$
Design	According to European legislation and CE marked
Hygiene	Complying with EHEDG guidelines
Viscosity	Up to 1,500 cP
Accessories	
Materials	Stainless steel: AISI 316L. All materials: EC 1935

## Insight

Fish sauce, also known as nam pla in Thai, nuoc mam in Vietnamese, and patis in Filipino, is a traditional condiment from fermented fish. It has a long history dating back to ancient times and is a staple in many cuisines worldwide, particularly in Southeast Asia.

In Southeast Asia, the process of making fish sauce, also called “fish paste”, was a traditional way to use fish and seafood by fermenting them with salt. Fish sauce is made by fermenting fish, usually anchovies, in large barrels with salt for several months. The liquid extracted from the fermented fish is then used as a condiment.

Fish sauce is a key ingredient in many traditional Southeast Asian dishes, such as salads, soups, and stir-fries. It is commonly used as a flavouring, seasoning and dipping sauce. It also enhances the taste of grilled meat, seafood and vegetables.

Fish sauce has simple ingredients, typically fish, salt, and water. However, different regions and countries may have variations in the ingredients or method of preparation. Some variations may include adding other elements, such as sugar, soy sauce or lime juice, to create unique and diverse flavours.

Fish sauce is a popular ingredient in many

home-cooked meals as it is easy to make and can be stored for future use. Fish sauce is also widely used in many professional kitchens and is considered an essential ingredient in creating a wide range of dishes.