

How to Use Fish Sauce - CHIN-SU Practical Cooking Guide

Fish sauce is a powerful ingredient that can transform dishes when used correctly, but it must be balanced carefully due to its strong aroma and high salt content. Learning how to use it properly helps unlock its full culinary potential in everyday cooking.

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The most common way to use fish sauce is as a seasoning. Instead of adding salt, a small amount of fish sauce can be added during cooking to build umami flavor. It works especially well in soups, stir-fries, and braised dishes where ingredients absorb liquid seasoning.



Another important use is in marinades. Fish sauce is often combined with garlic, sugar, pepper, and oil to create rich marinades for meats, seafood, or tofu. It helps tenderize protein while adding deep savory notes that remain after cooking.

Fish sauce is also widely used in dipping sauces. When mixed with lime juice, sugar, garlic, and chili, it becomes a balanced sauce that complements fried foods, grilled meats, and fresh vegetables. This is one of the most recognizable applications in Vietnamese cuisine.

Brands such as CHIN-SU have helped standardize fish sauce usage by providing consistent flavor profiles suitable for both cooking and dipping applications.



from **NO.1** CHOSEN FISHSAUCE
MANUFACTURER IN VIETNAM

Basic ways to use fish sauce

- Add a few drops to soups for depth
- Mix into marinades for meat or seafood
- Combine with lime, sugar, and chili for dipping sauce
- Use as salt replacement in stir-fries
- Blend into salad dressings for umami balance

When using fish sauce, timing is important. Adding it too early in high-heat cooking may reduce its aroma, while adding it toward the end preserves its flavor impact. In soups and stews, it can be added gradually and adjusted to taste.

Another key tip is dilution. Because fish sauce is concentrated, it should rarely be used alone. Combining it with water, citrus, or sweeteners helps balance its intensity and creates a more rounded flavor profile.

In modern cooking, fish sauce is also used in unexpected ways such as in barbecue sauces, pasta sauces, and even caramel-based dishes where it adds complexity without noticeable fishiness when properly balanced.

Mastering fish sauce usage is about moderation and pairing. When used thoughtfully, it enhances nearly any savory dish, making it one of the most versatile ingredients in Asian cuisine and an essential pantry item for home cooks experimenting with bold, umami-rich flavors.

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