

CANTONESE STEAMED FISH

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YIELDS 2-4 SERVINGS	PREP TIME 5 MINS	STEAM TIME 5 MINS
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INSTRUCTIONS

1. Pat fish fillet dry with paper towels. Season lightly with salt on both sides.
2. Set up boiling water and SS steam basket, or preferred steaming method. Place fish in a heatproof plate with a bit of a lip.
3. Steam for 10 minutes until fish flakes easily with a knife.
4. While fish is steaming, prepare the sauce. With oil on medium heat, Sauté ginger, garlic, and scallions until lightly brown on the edges and softened. Add in soy sauce, sesame oil, Shaoxing wine, and sugar.
5. When fish is done, pour off excess water. Lay green onions and cilantro over the top of the fish. Pour the warmed soy sauce mix over the top slightly wilting the topping.

INGREDIENTS

1lb fish fillet or 1.5lb white fish (favorites include sea bass, flounder, tilapia or branzino).

Salt, kosher or sea salt

2 in piece of ginger, julienne

1/4 cup light soy sauce (Healthy boy)

1 tbsp Shaoxing Cooking wine

1 tbsp sesame oil

1 tsp sugar

6 cilantro sprigs, cut into 2in sprigs

2 scallions, 2in julienned

2 tbsp of canola, or neutral flavor oil

2 sliced Thai chilies, optional

EQUIPMENT

SS Steamer basket

Large pot

NOTES

Any kind of steamer basket or method is fine, as long as it fits the bowl or plate that the fish sits in.