

## **Fish Fillet with Cauliflower Recipe**

(Malaysian Recipe)

**Ingredients:** Serves 4

600g threadfin, central portion  
1 egg, lightly beaten  
1 teaspoon corn flour  
1 teaspoon salt  
cooking oil for deep-frying  
240g cauliflower, cut into pieces  
6 cloves garlic, peeled and minced  
10 slices carrot, peeled if desired and parboiled  
1 stalk leek, green portion discarded, cut into 5-cm lengths  
½ can button mushrooms, halved  
190ml fresh chicken stock  
¼ teaspoon sesame oil  
½ teaspoon salt or to taste  
1 tablespoon peas  
1 rounded (heaped) teaspoon corn flour,  
mixed with 1 tablespoon water to make thickener  
1 scallion, chopped

**Ingredients to be combined:**

1 teaspoon rice wine  
1 tablespoon light soy sauce  
½ tablespoon oyster sauce  
1 teaspoon dark soy sauce  
¼ teaspoon ground white pepper

**Method:**

Cut fish into 4 x 2.5 x 1.25-cm pieces, then mix with egg, corn flour and salt. Heat oil for deep-frying in a kuali or wok. Add cauliflower pieces and stir for 10 seconds. Remove and set aside. Add fish slices to kuali and deep-fry for 1 minute, then dish out and set aside. Remove oil from kuali, leaving behind about 1 tablespoon. Lightly brown garlic, then add fried cauliflower, carrot, leek and mushrooms. Fry for 2 minutes. Add combined ingredients, then fried fish. Pour in stock and bring to a quick boil. Add sesame oil, salt to taste and peas. Stir in thickener and serve hot, garnished with scallions.

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