

Fish Fillet with Rice Wine Sauce Recipe

Ingredients: Serves 4

300g fish fillet
1 cup soaked black fungus
1 tablespoon snow peas or green peas

Seasonings A:

a pinch of salt
1 tablespoon water
1 tablespoon egg white
½ tablespoon cornstarch

Seasonings B:

½ tablespoon chopped ginger
1 tablespoon chopped garlic
½ teaspoon sugar
a pinch of salt
1 cup soup stock

Seasonings C:

3 tablespoons sweet fermented rice
1 tablespoon cornstarch paste

Method:

Cut fish fillet into 3cm wide and 0.5cm thick pieces. Mix with seasonings A according to the sequence, marinate for 30 minutes. Heat 2 cups of oil to 120°C, add fish in, fry over medium heat, remove when it is done. Trim the soaked fungus, blanch and drain, place on the serving plate. Bring seasonings B to a boil, add fish, snow peas and fermented rice in, when boils again, thicken with cornstarch paste. Add 1 tablespoon of heated oil at last if you like. Pour fish over fungus, serve immediately.

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