

## Fish Head in Casserole Recipe

**Ingredients:** Serves 4

1 silver carp head  
120g belly pork  
6 pieces Shiitake mushrooms  
2 bamboo shoots  
1 piece tofu  
600g Chinese cabbage  
2 pieces mung bean sheet  
2 stalks scallion, shredded  
2 slices ginger, peeled and sliced  
1 red chili, remove seeds  
1 pip garlic, peeled and sliced

**Seasonings:**

2 tablespoons wine  
6 tablespoons soy sauce  
1 teaspoon salt  
a pinch of pepper

**Method:**

Soak fish head with soy sauce and wine for 10 minutes. Cut pork, soaked Shiitake mushrooms and bamboo shoots to pieces. Cut Chinese cabbage to large pieces, blanch and drain. Cut tofu to thick pieces. Cut mung bean sheet to wide strips. Fry fish head with 5 tablespoons of oil until the surface gets browned, remove to the casserole. Put sliced garlic and ginger in, stir-fry until fragrant. Add pork, mushroom and bamboo shoot pieces, stir-fry for a while. Add remaining soy sauce, red chili, other seasonings and 8 cups of water in, bring to a boil. Pour all ingredients to a casserole, cook over low heat for about an hour. Add tofu, cook for 10 minutes. Add Chinese cabbage in, cook until cabbage is soft enough. Add mung bean sheet at last, bring to a boil. Season again if needed. Sprinkle shredded scallions on top, serve immediately.