

Fish Maw with Assorted Ingredients Recipe

Ingredients: Serves 4

1-2 pieces dried fish maw
15 pieces shrimps
12 slices cooked Chinese ham
10 slices cooked bamboo shoots
1-2 tablespoon sweet snow peas
1 stalk scallion
3-4 slices ginger

Seasonings A:

2-3 slices ginger
1 tablespoon wine
5 cups water

Seasonings B:

1 cup soup stock
2 teaspoons soy sauce
½ tablespoon wine
a pinch of salt
a pinch of pepper

Seasonings C:

cornstarch paste
a few drops of sesame oil

Method:

Wipe and clean dried maw with paper towel, and then soak it in cold oil for an hour. Turn the heat on and deep-fry dried maw over low heat until it puffs up. In order to inflate the maw completely and prevent curdling, you should constantly press it into the oil using a pair of chopsticks. After deep-frying, rinse and soak the fried maw in cold water to soften it. Cut the maw to pieces. Bring seasonings A to a boil. Boil maw quickly and then drain. Shell shrimps (leave the tails on) and coat them with a little bit of cornstarch. Soak shiitake mushrooms in water until soft. Slice the mushrooms. Heat 2 tablespoons oil in a frying pan. Fry scallion and ginger until fragrant, add in mushrooms and bamboo shoots, stir-fry for a while. Add in maw, ham slices and seasonings B. Bring to a boil, cook for 3 minutes. Add in shrimps and green peas. When it boils again, thicken it with cornstarch paste. Turn off the heat and then drizzle a little sesame oil on top. Remove to a serving plate.