

Fish Potage with Assorted Ingredients Recipe

Ingredients: Serves 4

200g fish fillet
2 shiitake mushrooms
½ bamboo shoot
5 pieces string beans (or 1 tablespoon green peas)
1 tablespoon chopped Chinese ham (cooked)
6 cups soup stock
1 teaspoon ginger juice

Seasonings A:

¼ teaspoon salt
1 teaspoon cornstarch
⅓ tablespoon egg white

Seasonings B:

1 teaspoon salt
a little of white pepper
cornstarch paste
½ teaspoon vinegar

Method:

Dice fish meat, marinate with seasonings A for 30 minutes. Cook bamboo shoot to done, slice to small pieces. Soak shiitake mushrooms to soft, then dice it. Trim string beans, then slice it. Blanch string beans, drain and then rinse to cold. Blanch fish meat, drain. Stir-fry shiitake mushroom and bamboo shoot with 1 tablespoon of oil, add ginger juice and soup stock, bring to a boil. Season with salt and pepper, add fish meat and string beans in, bring to a boil again. Thicken with cornstarch paste. Turn off the heat, add vinegar. Remove to a soup bowl, sprinkle chopped ham on top.

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