

Pee Hu Char Recipe

(Stir-fried Dried Sole Recipe)

Ingredients:

60 g (2) dried sole fish (pee hu)
1-2 tablespoons oil
250 ml water
200g belly pork
500 g yam bean
100 g (1) carrot
200 g ($\frac{1}{4}$) cabbage
1 onion
10 g (6) dried shiitake mushrooms, soaked to soften
3 tablespoons oil
2 teaspoons bean paste (tau cheo)
 $\frac{1}{2}$ teaspoon sugar, or to taste
 $\frac{1}{2}$ teaspoon salt, or to taste

Garnishing:

2 stalks scallions, trimmed and chopped

Method:

Rinse the dried sole, and using a pair of scissors, snip the flattened fish into 1 cm squares and fry in oil over a medium low flame until golden and crisp. Set aside. Bring the water to a boil in a small pot and put in belly pork. Boil until cooked, about 5 minutes. Dish out, reserve the stock and cool meat slightly before cutting into 1cm squares to match the dried sole. Set aside. Cut the yam bean and carrot into 1cm-square sticks before slicing to match the dried sole. Cut the cabbage and onion into 1cm squares and the mushroom to 1cm cubes. Preheat a frying pan, add in the oil and then lower fire. Fry the onion and bean paste until fragrant. Toss in the rest of the vegetables and stir to mix well. Pour in the pork stock and allow to simmer until vegetables have fully absorbed the stock. Season to taste with sugar and salt. Add half of the fried sole and stir-fry to mix well. Dish out onto a serving plate and top with the rest of the fried sole. Garnish with the chopped scallions.

Note: You may wish to leave out the parts of the sole where the bones are quite thick, so have more dried sole at hand. Cutting the vegetables into squares results in a lot of wastage, so make allowance for this. The fastest way to do this is to cut the yam bean and carrot into 1cm square sticks before slicing to match the dried sole. Comparing with the other "fried" dishes found in Nyonya Recipes, this is the most tedious to prepare. As there are no short cuts, it rarely makes an appearance these days, both at home and in restaurants.

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