

Salmon Fillet with Scallions Recipe

Ingredients: Serves 4

⅓ cup plus 2 tablespoons vegetable oil
450g skinless salmon fillet, cut into 4 pieces
¼ cup rice wine or dry sherry
3 tablespoons double black soy sauce or regular soy sauce
2 tablespoons sugar
1 teaspoon dark sesame oil
1 tablespoon cornstarch
6 scallions, trimmed and sliced diagonally into 1½-inch pieces
2 tablespoons peeled and chopped fresh ginger (¼-inch dice)
¼ teaspoon ground white pepper

Method:

Heat a large wok over high heat. Add the ⅓cup vegetable oil and heat until it is hot but not shimmering, about 1 minute. Gently slide the salmon pieces into the wok from the side, so the oil does not splash. Fry the fish for 30 seconds on one side; then turn it over and fry for 30 seconds more for medium-rare. (For medium doneness, cook the fish for 40 seconds on each side). Using a wide wire-mesh skimmer, transfer the fish to paper towels to drain. Discard the oil and wipe out the wok with paper towels. Mix the rice wine, soy sauce, sugar and sesame oil in a small bowl until blended. Dissolve the cornstarch in 3 tablespoons cold water in another small bowl. Set both bowls aside. Add the remaining 2 tablespoons vegetable oil to the wok, and heat it over high heat until the oil shimmers. Add the scallions and ginger, and stir-fry until the scallions wilt, about 1 minute. Stir in the rice wine mixture. Return the fish to the wok and add the white pepper. Add the cornstarch mixture and gently stir-fry until the sauce thickens, about 20 seconds. Using a slotted spoon, transfer the fish to a serving platter. Spoon the sauce over all. Serve immediately.

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