

Steamed Fish with Scallions and Ginger Recipe

(Chinese Steamed Fish Recipe)

Ingredients: Serves 4-6

4 sea bass or halibut fillets, 6 oz (185 g) each
3 scallions, trimmed and halved crosswise, plus 1 scallion, finely julienned
1 tablespoon peeled and finely julienned fresh ginger
2 cloves garlic, peeled and minced
2 tablespoons canola or peanut oil
1 tablespoon light soy sauce
2 teaspoons Asian sesame oil
1½ teaspoons dark soy sauce
1½ teaspoons oyster sauce
1 teaspoon sugar
1 teaspoon cornstarch (cornflour)
⅓ teaspoon ground white pepper
3 cups (15 oz/470 g) cooked long-grain white rice

Method:

Measure the fish fillets at their thickest point. Make a bed of the halved scallions on a plate large enough to hold the fish and suitable for steaming. Place the fillets in a single layer on the bed of scallions. Cover and refrigerate until ready to steam. Place a bamboo steamer on the bottom of a wok or large, deep frying pan and pour in water to a depth of 2 inches (5 cm). The water should not touch the steamer. Bring the water to a boil over high heat. Meanwhile, in a bowl, stir together the ginger, garlic, 1 tablespoon of the canola oil, light soy sauce, sesame oil, dark soy sauce, oyster sauce, sugar, cornstarch, and white pepper. Spoon the mixture evenly over the fish fillets. Place the plate on the steamer above the boiling water, cover tightly, and steam the fish over high heat for 10 minutes per inch (2.5 cm) thickness. Carefully remove the plate from the steamer and transfer the fish fillets to a warmed platter. Discard the bed of scallions and spoon any sauce remaining on the plate over the fish. In a small pan over high heat, heat the remaining 1 tablespoon canola oil until it is almost smoking. Place the julienned scallions on top of the fish. Carefully drizzle the hot oil over the fish and serve with the rice.