

Stewed Fish Head with Meat Sauce Recipe

Ingredients: Serves 4

1 carp head
3 tablespoons ground pork
3 tablespoons chopped scallion
1 tablespoon chopped ginger
1 tablespoon chopped garlic
diced scallions for garnishing
a few drops of sesame oil

Seasonings:

½ tablespoon hot bean paste
½ tablespoon sweet soybean paste
1 tablespoon wine
4 tablespoons soy sauce
½ teaspoon sugar
½ tablespoon fermented sweet rice
a pinch of pepper
2½ cups water

Method:

Rinse fish head, marinate with 2 tablespoons soy sauce for 10 minutes. Fry with heated oil until both sides become browned. Heat another 3 tablespoons of oil to stir-fry pork, ginger, garlic and chopped scallions. Add hot bean paste and soybean paste, stir-fry until fragrant. Add other seasonings, put fish head back to wok when the sauce boiled, simmer for 20 minutes. Turn fish head over, continue to stew for another 2 minutes. Pour sauce over fish head while stewing. When sauce is almost absorbed, drizzle some sesame oil and sprinkle diced scallions over. Remove immediately and serve hot.

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