

Stewed Fish with Tofu Recipe

Ingredients: Serves 4

4 small yellow croaker
1 piece tofu
2 slices ginger
2 stalks scallion
6 cloves garlic

Seasonings:

1 tablespoon wine
2 tablespoons soy sauce
½ teaspoon sugar
2 cups water
a pinch of pepper

Method:

Clean fish, towel dry and then sprinkle a little of flour to over fish. Cut tofu to thick pieces. Halve the large garlic. Cut scallion to sections. Heat 3 tablespoons of oil to fry both sides of the fish, then remove them to a plate or move to one side of the wok. Add ginger slices and garlic, fry until browned and fragrant, add scallion, stir-fry together. Add all seasonings, then arrange fish and tofu in. Bring to a boil over high heat, then reduce to low heat, simmer for 15 minutes. Remove to serving plate carefully.

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