

Steamed fish with scallions and ginger

Ingredients

- 4 pieces of firm, mild-flavored fish (cod, tilapia, sea bass), about 6 ounces each
- Salt and pepper to taste
- 2-inch piece ginger root, peeled and julienned
- 6 scallions, cut into 2-inch sections and julienned
- 2 tablespoons Shaoxing wine
- ¼ cup soy or tamari sauce
- ½ teaspoon granulated sugar
- 5 sprigs cilantro
- 1-2 chili peppers, thinly sliced (optional)
- 2 tablespoons peanut oil or other high smoke point oil



Nutritional information

Servings: 4

Cost: \$ 12.35 total / 3.08 per serving

Calories: 113 per serving

Directions

Steamer set up

- Place wok or large pot on stove over medium heat.
- Fill with a few inches of water, set bamboo steamer on a stand inside the pot, so it sits above the water.
- If you don't have a bamboo steamer, use a steamer rack that will fit in the pot and put on lid.

Fish

- Pat fish dry with paper towels, then season with salt and pepper.
- Grab a plate that can fit inside the bamboo steamer or steamer rack.
- On a plate that fits inside steamer or rack, spread half the ginger and scallions then top with seasoned fish. Scatter the remaining ginger and scallions on top of fish.
- Bring the water to a boil, then place the bamboo steamer or steamer rack inside the pot.
- Cover and allow to steam 7-10 minutes or until fish is cooked through.
- While fish steams, whisk wine, soy sauce and sugar for dressing.
- Remove cover, transfer fish to serving platter.
- Pour dressing over fish and garnish with cilantro and chili peppers (if desired).
- Before serving, heat oil in small pan and drizzle over fish.

For a whole fish, stuff cavity with scallions and ginger, score the skin and steam for 20-25 minutes.