

Beijing Silken Fish Fillet Recipe

Ingredients: Serves 4

300g skinless sea bass fillet, cut into pieces 2½ inches long and 1 inch wide
½ large egg white (beat a whole egg white until foamy and measure out half)
3 teaspoons cornstarch
½ cup snow peas
4 water chestnuts, peeled and each cut into 3 slices
¼ cup tree ears, soaked in hot tap water until softened, drained
vegetable oil, for passing through
1 scallion, white part only, trimmed and minced
1 teaspoon peeled and minced fresh ginger
¼ cup Chicken Stock, canned chicken broth or fish stock
3 tablespoons rice wine or dry sherry
½ tablespoon sugar
½ teaspoon salt or to taste

Method:

Gently mix the fish, egg white and 1 teaspoon of the cornstarch in a medium bowl until thoroughly combined. Bring a medium saucepan of lightly salted water to a boil over high heat. Add the snow peas, water chestnuts, and tree ears, and cook for 10 seconds. Drain in a colander. Heat a large wok over high heat. Add enough oil to come 1 inch up the sides of the wok and heat it to 160°C. Quickly add the fish, one piece at a time. Stirring gently to keep the fish in motion, cook just until it turns white, about 1 minute. Using a wide wire-mesh strainer, transfer the fish to a colander to drain. Discard all but 2 tablespoons of the oil from the wok. Return the wok with the oil to high heat. Add the scallion and ginger, and stir-fry for 10 seconds. Add the stock, rice wine, sugar and salt and bring to a boil. Dissolve the remaining 2 teaspoons cornstarch in 2 tablespoons cold water, and add to the wok. Return the fish to the wok, and add the snow peas, water chestnuts, and tree ears. Stir gently until the sauce thickens, about 20 seconds, being sure not to break up the fish. Serve immediately with steamed white jasmine rice.

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