

Fish Congee Recipe

(Chinese Recipes)

Ingredients: Serves 10

Basic Congee Ingredients:

½ cup short-grain rice

¼ cup glutinous rice

4½ cups water

1 quart Chicken Stock

For the marinade:

2 tablespoons Chinese white rice wine or gin

1 teaspoon Chinese white rice vinegar or distilled vinegar

2 teaspoons soy sauce

2 teaspoons sesame oil

2 tablespoons Scallion oil or peanut oil

1 teaspoon salt

Pinch freshly ground white pepper

One 3-lb carp (1½ lbs after steaming), bones removed

6 thin slices fresh ginger, julienned

2 scallions, trimmed and cut into 1½-inch pieces

1 tablespoon Scallion oil

Pinch of freshly ground white pepper

1 teaspoon soy sauce

3 scallions, trimmed and finely sliced, for garnish

1 tablespoon finely sliced fresh coriander (cilantro)

Method:

To cook the basic congee, place both rice in a large pot, with water to cover. Wash the rice by rubbing between your palms. Drain. Repeat twice more. Return the washed rice to the pot, add the 4½ cups of water and the stock, and bring to a boil over high heat. Reduce the heat to medium-low, cover the pot, leaving the lid cracked, and cook for 1 hour, stirring occasionally to prevent the rice from sticking to the pot bottom. A nonstick pot is preferred. Cook until the rice thickens almost to a porridge consistency. As the congee cooks, combine the marinade ingredients in a bowl. Place the fish in a steamproof dish and pour the marinade over it. Place the ginger and scallions beneath the fish, in its cavity, and on top of it. Cover and steam the fish for 15 minutes. Turn off the heat. Remove the fish from the steamer and cool to room temperature. Discard the skin, bones, ginger and scallions and break the fish flesh into very small pieces. Place the fish in a bowl. Add the scallion oil, white pepper, and soy sauce. Mix lightly. When the congee is done, add the fish to it. Mix together and allow the congee to come to a boil. Immediately turn off the heat, pour the congee into a heated tureen, and serve, with scallions and fresh coriander sprinkled on top. Or, slice 1½ lbs carp fillet thinly. Place in the marinade. When the congee is cooked, add the raw fish slices and marinade and allow the congee to come to a boil. The fish will cook instantly. Turn off the heat immediately, pour the congee into a heated tureen, garnish, and serve.