

Pesa (Fish with Ginger) Recipe

(Filipino Recipes)

Ingredients: Serves 4

2 x 500 g (1 lb) flathead or other delicate white fish
3 tablespoons oil
3 tablespoons finely chopped fresh ginger
1 teaspoon ground black pepper
rice washings*
salt to taste
4 scallions, trimmed
1 sprig coriander (cilantro) leaves (kinchye)

Method:

Clean and scale fish and rub cavity with kitchen paper dipped in coarse salt. Rinse. Heat oil and fry ginger until soft and golden. Add pepper and stir, then put fish into the pan and add enough rice washings to almost cover. Add half teaspoon salt, lay a scallion on each fish, cover and simmer until fish is cooked. Transfer fish carefully to serving dish, replace cooked scallions with remaining uncooked onions and garnish with celery leaves. Pour cooking liquid around fish and serve with white rice and misu tomato sauce (please refer more Philippines recipes).

Note: *'Rice washings' is the water in which rice has been washed prior to cooking.

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