

Teochew Steamed Fish Recipe

Ingredients:

600-900 g fish, preferably threadfin, white or Chinese pomfret
1½ teaspoons salt
1 teaspoon ground white pepper
120 g Chinese salted cabbage, soaked in water and sliced
4 dried Chinese shiitake mushrooms, soaked to soften in water, stems discarded and cut into strips
90 g chicken or pork, cut into strips
4-cm knob ginger, peeled and cut into strips
2 red chilies, cut into strips
2 pickled sour plums
1 teaspoon sesame oil
125 ml water
1 tablespoon cooking oil
3-4 shallots, peeled and sliced

Garnishing:

2 scallions, cut into 5-cm lengths
2 sprigs coriander leaves (cilantro), cut into 5-cm lengths

Method:

Clean fish thoroughly, then rub with salt and pepper. Place fish onto a heatproof (flameproof) dish. Distribute salted cabbage, mushrooms, chicken or pork, ginger and chilies over and around fish. Lightly squeeze sour plums and place beside fish. Add sesame oil and water. Prepare a steamer for use. When water is rapidly boiling, place dish into steamer and steam for 15 minutes. Meanwhile, heat oil in a kuali or wok. Fry shallot slices until lightly browned, then set aside. When fish cooked, pour oil and shallots over fish. Serve garnished.