

**Chinese Steamed Whole Fish (serves 2)**

***\*\*Best eaten with steamed short grain white rice (I use Kokuho Rose)***

**INGREDIENTS**

* 1 large sea bass (scaled, gutted, head on) OR 16 oz defrosted fish filet (***\*Any white fish is fine: bass, flounder, haddock, perch, cod, tilapia, grouper)***
* 1 tsp salt
* 6 scallions
* ¼ C cilantro
* 2 inch piece ginger
* 2 TBSP vegetable oil
* 2 TBSP Soy Sauce
* 1 TBSP water
* 1/4 tsp white sugar
* ⅛ tsp white pepper
* 1 TBSP Shaoxing rice wine
* ¼ tsp five spice
* ½ tsp sesame oil
* 1 C water
* small bowl of ice water

**MATERIALS**

* Chef Knife/Cleaver
* paring knife
* Cutting Board
* 2 small saucepans
* large wok+trivet+lid OR large bamboo steamer
* serving plate the size of the fish
* pinch pots/small bowls
* measuring cups
* measuring spoons
* towel/paper towels
* chopsticks
* wooden spoon
* tongs

**INSTRUCTIONS**

1. **\*PREP**: Scale, gut, and rinse fresh sea bass, leaving the head on and refrigerate until use. If using frozen filet, defrost in the refrigerator overnight and rinse off.
2. Prepare rice, keep warm.
3. Wash scallions, ginger, cilantro. Set aside.
4. Pat cilantro dry with towel/paper towel.
5. Using a chef knife/cleaver, cut 6 scallions into 3 inch lengths, removing the roots. Separate the green pieces from the white pieces.
6. Arrange the white scallion lengths in a row on a plate. Set aside.
7. Using a paring knife, carefully slice the green scallion lengths into thin strips. Submerge strips into a bowl of ice water and set aside for garnish.
8. Rough chop cilantro. Set aside.
9. Slice the 2 inch piece of ginger in half, skin on.
10. Cut one piece into thin slices. Set aside.
11. Peel and julienne the other piece of ginger. Set aside.
12. Pour 1 C water into the bottom of a wok, and place trivet in the bottom OR place bamboo steamer over a pot of water.
13. Turn stove on high.
14. Rub 1 tsp of salt all over and inside the fish, massage to remove fishy odor.
15. Rinse salted fish with cold water, and pat completely dry with towel/paper towel.
16. Slice 2-3 “X” along the thickest parts of the fish on either side.
17. Set fish on top of the plate with white scallions so the fish doesn’t stick to the plate.
18. Stuff the inside of the fish with ginger slices, and top with 3-4 slices of ginger.
19. Sprinkle 1 TBSP Shaoxing rice wine on top of fish.
20. When water in the wok/pot begins to steam, place the plate of fish carefully in. Cover.
21. Steam 5 min/lb of whole fish, 4 min/lb for fish filets
22. While fish is steaming, prepare sauce.
23. Mix: 2 TBSP Soy Sauce, 1 TBSP water, 1/4 tsp white sugar, ⅛ tsp white pepper, ½ tsp sesame oil ¼ tsp five spice in a small saucepan.
24. On low-medium heat, stir sauce until all ingredients are dissolved and sauce bubbles. Set aside.
25. Check fish for doneness-if a chopstick easily pierces the fish at the thickest part of the fish it’s done. Eyes should be popping out, with the eyeball an opaque white. If fish is still uncooked, steam for 1-2 more minutes, being careful not to overcook.
26. Once fish is thoroughly cooked, carefully remove the plate with tongs, and pour off residual liquid.
27. Remove ginger slices from inside and on top of fish. Discard.
28. Pour soy-based sauce carefully UNDER fish, being careful not to splash on top of the fish (or it will risk getting soggy/oversalted)
29. Top fish high with julienned ginger, cilantro, and the now-curly scallion from the ice bath.
30. Heat up 2 TBSP vegetable oil on high until it shimmers. Carefully pour hot oil on top of fish, cooking the aromatics.
31. Serve hot with rice.

Happy Cooking! Chef Cao😊

** #thehungrycao**

** The Hungry Cao**