

Steamed fish

from Stan Gin

Types of fish that are ideal for steaming:

Rock Cods, Large Mouth Bass, Calico Bass, Sculpins, Halibut fillets, other types of cods and fillets, etc.

Preparation of Fish:

Gut and scale fish. Many times you can leave the tail and head of fish for steaming. If the fish is too large to steam, cut off the tail and head.

Soy Sauce Recipe:

1/4 cup of light soy sauce
1 teaspoon of oyster sauce
1/2 teaspoon of sesame oil
1 tablespoon of sugar

Mix above.

Ginger and Green Onions

Use ginger and green onions sparingly. Cut ginger and green onions lengthwise (1 1/2") into thin match stick size.

Use a large wok with a cover & place fish on a platter to steam fish. Fish is done when you can poke a fork into the fish and feel the fork touching the bones. Don't overcook! There is no need to turn the fish over to cook the other side, steaming will cook both sides of the fish fairly evenly. Drain the excess water before adding the soy sauce recipe.

While the fish is steaming, cook half the ginger and green onions in hot oil (olive oil or canola oil). Cooked the ginger and onions until it turns to a very light golden brown.

Take the remaining ginger and onions and garnish the steamed fish. Pour the hot oil over the fish and ginger and green onions. Lastly pour the soy sauce recipe over the fish.