

Whole Steamed Fish

(mary sue millikan and susan feniger)

1 whole (2-3 lb) fish, such as sea bass, red snapper or rock cod, cleaned and gutted, with head and tail intact

1 tsp salt

Juice of 1 lemon

1 T sesame oil

2 T peeled and slivered ginger

2 cloves garlic, roughly chopped

2 scallions, white and green parts, cut into slices on diagonal

2 chunks ginger

3 T peanut oil

2 T sesame oil

1 T shoyu

1 T fresh lemon juice

1 tsp sugar

Garnish:

Sliced scallions, toasted sesame seeds

Rinse fish under cold running water, pat dry and place on a lightly oiled, heat-proof platter that will fit in your steamer or a large roasting pan. Cut 3 deep diagonal gashes along each side of the fish. Sprinkle the inside cavity and outside of the fish with salt, squeeze the lemon juice over the fish, drizzle with sesame oil, then stuff the slivered ginger and chopped garlic into the gashes. Scatter the scallions over the fish and marinate at room temperature for 10 min.

Fill the steamer or roasting pan with water to within an inch of the steamer rack and bring to a boil. Reduce to a simmer and add the ginger chunks to the water. Place platter with fish on steaming rack, cover and steam over low heat for 20-25 min, depending on thickness of fish (10 min for each 1 inch thickness at its widest point).

About 5 min before the fish is done, heat the peanut oil and the sesame oil in a small saucepan until hot, about 3-5 min. remove from the heat and stir in the shoyu, lemon juice and sugar. Test fish for doneness by poking with a fork. Meat should flake easily at its thickest part. Remove from the steamer, pour the hot oil mixture over the fish and serve immediately.