Cantonese Steamed Fish

Cantonese steamed fish is often served as one of the courses in a Chinese banquet, but it's also an easy meal to make on any weeknight at home with just a few ingredients.

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Prep Time	Cook Time	Total Time
5 mins	15 mins	20 mins
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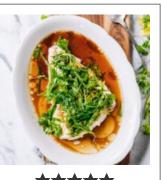
Course: Fish and Seafood Cuisine: Chinese Servings: 2 Calories: 239kcal Author: Bill

Ingredients

- 2 scallions
- 2 tablespoons ginger
- 1 small bunch cilantro
- 1 1/2 tablespoons light soy sauce (or seasoned soy sauce)
- 1/8 teaspoon salt
- 1/8 teaspoon sugar
- 2 tablespoons hot water
- 10 ounce fillet of delicate white fish (such as sea bass, grey sole, flounder, fluke, tilapia, or haddock)
- 2 tablespoons vegetable oil

Instructions

- 1. Cut the scallions into 2-inch lengths, and cut the pieces in half lengthwise. Julienne them thinly. Thinly slice about 15g of ginger, and julienne them. Give the cilantro a rough chop. Set the aromatics aside.
- 2. Combine the light soy sauce, salt, sugar and hot water in a small bowl and mix until the sugar and salt are dissolved. Set aside.
- 3. Prepare your steaming set-up, and fill with 1-2 inches of water. Bring to a boil.
- 4. Rinse your fish fillet, and carefully lay it on an oblong heat-proof plate that will fit into your wok or steaming setup. Carefully place it in the steamer, and adjust the heat to medium. The water should be at a slow boil that generates a good amount of steam, but not so high that the water evaporates too quickly.
- 5. Cover and steam for 7-10 minutes depending upon the size and thickness of your fish fillet. If you have extremely small, thin fillets (half an inch), cook for 4-5 minutes. Check for doneness using a butter knife. If it falls easily through the thickest part of the fillet to the bottom of the plate, the fish is done.
- 6. Turn off the heat, and carefully drain any liquid on the plate. Spread about ¹/₃ of the scallions, ginger, and cilantro on the steamed fish (alternatively, you can wait to do this AFTER adding the sauce).
- 7. To make the sauce, heat a wok or small saucepan to medium high heat, and add 2 tablespoons vegetable oil. Add the remaining ²/₃ of the ginger, and fry for 1 minute. Add the



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white parts of the scallions and cook for 30 seconds. Then add rest of the scallions and cilantro. The mixture should be sizzling.

- 8. Add the soy sauce mixture. Bring the mixture to a bubble, and cook until the scallions and cilantro are just wilted, about 30 seconds.
- 9. Pour this mixture over the fish. If you prefer to add the raw aromatics after adding the sauce, you can do so now, and heat an additional 1 tablespoon of vegetable oil to pour over the raw aromatics. Serve immediately!

Nutrition

Calories: 239kcal | Carbohydrates: 3g | Protein: 19g | Fat: 17g | Saturated Fat: 12g | Cholesterol: 64mg | Sodium: 924mg | Potassium: 338mg | Fiber: 1g | Sugar: 1g | Vitamin A: 436IU | Vitamin C: 3mg | Calcium: 38mg | Iron: 1mg

Cantonese Steamed Fish by The Woks of Life. Recipe URL: https://thewoksoflife.com/cantonese-steamed-fish/