

Braised Fish



Background: This is a special recipe for my family as it has been passed on through generations. It's a classic dish that I associate with my grandma and it's always comforting seeing her make it during family occasions.

Ingredients (May scale with Quantity):

- Fish [Insert Type of Fish]
- Oil
- Cooking Wine
- Soy Sauce
- Chilli paste
- Vinegar
- Sugar
- Green Onion
- Red & Green Pepper
- Garlic
- Ginger
- Cilantro
- Jalapeno
- Cornstarch



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Directions:

1. Prepare raw fish (Insert Type of Fish?). Fish may come pre-gutted at market. Rinse fish and cut slits on the fish's sides.
2. Prepare skillet of oil and fry ginger slices. Rest fish onto bed of ginger slices (This is to prevent the skin from sticking to the pan)
3. Repeat on opposite side until both sides of fish turn golden brown.



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Directions:

4. Set Fish aside and prepare skillet of wine, chilli paste, soy sauce, vinegar, sugar
5. Add bell peppers, green onions, jalapeno, garlic into sauce. Cook until vegetables turn soft.
Add White thickener
6. Prepare fish and cilantro onto separate plate and pour sauce on fish.



Protein

Braised Fish



7. Serve and Enjoy!

