



Steamed Sea Bass with Scallions and Ginger

Total Time:
37 min

Prep: 30 min
Cook: 7 min

Yield:
8 servings

Level:
Easy

Ingredients

1 (1-pound) whole sea bass (<http://www.foodterms.com/encyclopedia/sea-bass/index.html>), scaled, gutted, and scored with a sharp knife down to the bone

Salt and freshly ground black pepper

2 or 3 scallions (<http://www.foodterms.com/encyclopedia/scallion/index.html>), cut diagonally into rings to yield 1/4 cup

1 tablespoon finely julienned ginger (<http://www.foodterms.com/encyclopedia/ginger/index.html>)

1/4 cup soy sauce (<http://www.foodterms.com/encyclopedia/soy-sauce/index.html>)

2 tablespoons peanut oil (<http://www.foodterms.com/encyclopedia/peanut-oil/index.html>)

Dash sesame oil

Pinch sugar (<http://www.foodterms.com/encyclopedia/sugar/index.html>)

Directions

Put the fish in a shallow heatproof dish, such as a large baking pan. Season lightly with salt and pepper, inside and out. Disperse the scallions and ginger on top, underneath, and inside the fish. Combine the soy sauce, peanut oil, sesame oil (<http://www.foodterms.com/encyclopedia/sesame-oil/index.html>), and sugar in a bowl. Pour the mixture over the fish.

Set a roasting rack (<http://www.foodterms.com/encyclopedia/roasting-rack/index.html>) in a large roasting pan. Fill the pan with water that comes up below the rack. Set the pan over 2 burners and bring the water to a boil. Set the baking dish (<http://www.foodterms.com/encyclopedia/cookware-and-bakeware-materials/index.html>) with the fish on the rack, reduce the heat to a simmer (<http://www.foodterms.com/encyclopedia/simmer/index.html>), and cover the roasting pan tightly with foil. Steam the fish until a small knife or skewer (<http://www.foodterms.com/encyclopedia/skewer/index.html>) can be easily inserted into the thickest part and the fillet (<http://www.foodterms.com/encyclopedia/fillet/index.html>) comes off the bone fairly easily, 6 to 7 minutes.

This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.