

Chinese Fish Fillets with Black Beans

- ① {
1 egg white
1 Tbl. ~~soy sauce~~ rice wine
2 tsp. cornstarch
1/2 tsp. salt
1 1/2 lbs. whitefish fillet (flounder, sole, tilapia)
3 Tbl. oil
- ② {
2 large garlic cloves, minced
2 tsp. ginger, minced
2 scallions, thinly sliced into rings
1 Tbl. salted black beans (soaked 5 min., drained, chopped)
4 large shiitake mushrooms, stems removed, caps sliced into 1/2-inch-thick pieces

2 Tbl. soy sauce

2 Tbl. rice wine

1) Mix ①, coat fish with ①, cover, refrigerate at least 2 hours.

2) Heat oil. Add ②. Stir-fry 2 minutes. Add mushrooms. Cook 2 minutes more.

Add soy sauce, 2 Tbl. rice wine, and 1/4 c. water. Bring to simmer.

3) Add fish. Cover. Reduce heat to low. After 3-4 minutes, gently flip the fillets. Cover, cook about 3 minutes more.

4) Transfer ~~sauce~~^{fish} to serving platter and pour sauce over the fish.

Everyday Asian by Marnie Henricksson
(2003)

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Fish Fillets w/ Vegetables

Salt

Fish slices

Vegetables (spinach, etc.)

Garlic, minced

Oil

Sprinkle fish with salt, let sit 20 minutes.

Heat oil in wok.

Add fish, cook 2 minutes per side, remove.

Heat oil. Add garlic and salt. Cook until garlic slightly brown.

Add vegetables, cook until done.

Add fish, cook 1 minute more.

Note: From a library cookbook
(forgot to write down title of the book)