



## 燒划水

## Simmered Fish Halves

上海菜12人份  
SHANGHAI; SERVES 12

## 豆瓣

- 魚尾2條.....1斤4兩
- 葱(3公分長).....6段、薑.....6片
- 蒜苗.....1枝
- 醬油.....3大匙
- 糖.....1大匙
- ① 水.....1杯
- 胡椒、味精.....各少許
- ② 太白粉.....½大匙
- 水.....1大匙
- 麻油、醋.....各1小匙

- ① 魚尾(長約15公分)處理乾淨，橫切下兩片肉去除中間大骨，每片上再直切兩刀尾部仍相連。
- ② 蒜苗切細絲，在清水內略泡後撈出。
- ③ 油4大匙燒熱，炒香蔥薑，將魚皮面向下順序排在鍋底(不可零亂)，煎20秒表面呈金黃色時翻面，加①料蓋鍋用小火燜煮5分鐘左右至汁剩約一半時，以②料勾芡，淋上麻油、醋各1小匙，盛盤並灑上蒜苗即可。

*can use fish fillets (e.g., black cod).*

- 1 2/3 lbs. fish halves (tail end)
- 1 green onion, cut into 6 1-inch pieces *← can chop finer*
- 6 slices ginger root *← can omit*
- 1 stalk fresh garlic *← can use minced garlic (stir-fry with the green onion)*
- 3 T. soy sauce
- 1 T. sugar
- 1 c. water
- dash of black pepper
- 1/2 T. cornstarch
- ② 1 T. water
- 1 t. each: white vinegar, sesame oil

- ① Scale and clean the fish. Cut it in half lengthwise to remove bones; cut each half in thirds, do not cut through the tail. (To total 12 sections.)
- ② Cut the garlic into several pieces then shred finely lengthwise. Soak it in water for 5 minutes; remove and drain.
- ③ Heat the wok then add 4 T. oil. Stir-fry the green onion and ginger root until fragrant. Add fish, skin side down; fry for 20 seconds, or until golden. Turn the fish over. Add ①; cover and turn heat to low. Simmer for 5 minutes; when the liquid has reduced to half its original amount, add mixture ②; stir lightly. Sprinkle with vinegar and sesame oil; place on serving plate. Sprinkle the finely shredded garlic on top; serve.

- 魚
- ① 辣
- 葱
- 醬
- ② 醋
- 鹽
- 味
- ③ 太
- 水
- 葱

- 1
- 1
- 1
- ①
- 1
- 1/2
- 1/2
- 1
- 1
- ②
- 1
- 2
- 3

*Chinese Cuisine, Huang Su-Huei,  
Moi-Chuan's Cookbook, 1996*