

Can use
roughly
(fillets)

2 sand dabs (1/2 lb. each)
1 tbsp. bean sauce*
1/2 tsp. salt
1/2 tsp. sugar
1 tbsp. thin soy sauce
1 tsp. oyster sauce
dash of pepper
2 tsp. slivered ginger root
1 green onion, chopped
1 tbsp. oil

*Szechuan-style hot bean sauce may
be used for a spicier dish.

Serves 3

122 CHOPSTICKS, CLEAVER AND WOK

Can use
regular
hot bean
sauce

or finely
chop

STEAMED SAND DABS

(Jing Top Sah Yeu)

1. Clean and scale sand dabs or have your fishmonger do it. Remove and discard fins and tails. Rinse in cold water and cut each fish crosswise into 3 equal pieces. Place in a shallow dish or pie plate.
2. Mash bean sauce to a paste.
3. Add salt, sugar, soy sauce, oyster sauce, pepper, bean sauce, ginger, green onion, and oil to fish, in that order. ← Can mix ingredients together and then put on fish.
4. Steam for 10 minutes.
about 8 to

Advance preparation: Steps 1-3 may be done several hours in advance and refrigerated.

Serving suggestion: Serve with Cantonese Boiled Chicken, Prawns with Chinese Long Beans, and Steamed Rice for a typical family dinner.

Depends on
thickness of the fish.
Maybe steam for about
8 minutes for
roughly ~~fillets~~
fillets.

Chopsticks, Cleaver,
and Wok: Homestyle
Chinese Cooking by
Jennie Low
(Chronicle Books,
San Francisco,
©1987)