Mommy’s Recipe

July 18, 2021

**Sichuan-Style Poached Fish**

2 fillets of white fish, sliced in large pieces at a slant

1/2 Napa cabbage, cut into pieces, separate the white and green pieces

1/2 large carrot, sliced

1 green onion, chopped

1 Tbsp. garlic, minced

1 Tbsp. ginger, minced

1-2 Tbsp. Chili Bean Sauce (Toban Djan) by Lee kum Kee

1 Tbsp. oyster sauce

2 Tbsp. fish sauce

1 tsp. sesame oil

1 tsp. chili oil

1/4 tsp. sugar

1/4 tsp. salt

1 tsp. rice wine

1 Tbsp. cornstarch

1 tsp. plus 1 Tbsp. light soy sauce

White pepper

Salt

Vegetable oil

Water

Thickener: 1 Tbsp. cornstarch plus 1 Tbsp. cold water

Fish:

Sprinkle with white pepper. Add 1 tsp. rice wine, 1 Tbsp. cornstarch, and 1 Tbsp. vegetable oil.

Put in refrigerator for 30 minutes to 1 hour.

Napa Cabbage and Carrots:

Stir-fry carrots and white pieces of Napa cabbage in oil with 1 tsp. salt and 1 tsp light soy sauce for about 1 minute.

Add green pieces of Napa cabbage.

Stir-fry for about 3 minutes until the vegetables are soft but still a little crunchy (not mushy)

Sauce and Fish:

Heat oil in wok.

Add minced ginger and garlic.

Stir-fry for a few seconds. Don’t burn the ginger and the garlic.

Add the Chili Bean Sauce, oyster sauce, and fish sauce.

Add the sesame oil and chili oil.

Add water to 1-inch high (about 1 cup).

Add 1/4 tsp sugar, 1/4 tsp salt, and 1 Tbsp. light soy sauce.

Add liquid from the Napa cabbage.

Place fish inside the sauce.

Boil fish for 1-2 minutes.

Add the thickener.

Assembling Everything:

Heat up the vegetables.

Pour sauce over vegetables

Sprinkle green onions on top