

Tante Marie's Cooking School

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Steamed Fish with Black Bean Sauce

Servings : 6

1 2 lb fish (or 2 - 1 lb. fish),
whole and scaled
1 bunch green onions
2 Tbsp. peanut oil
1 small bunch cilantro

Black Bean Sauce:

2 cloves	garlic, finely minced	2 Tbsp.	oyster sauce
3	green onions, thinly sliced	1 Tbsp.	dark soy sauce
1 Tbsp.	ginger root, minced	2 tsp.	sugar
2 Tbsp.	fermented black beans	1 tsp.	sesame oil
1/2 tsp.	dried tangerine peel, reconstituted and minced (optional)	1 tsp.	cornstarch
		1/8 tsp.	white pepper

Wash the fish and remove gills or any excess blood. Dry fish thoroughly. Score fish down the back if the fish is 3 lbs or more. Place a bed of scallion greens on top of a heat-proof platter. Center the fish on the bed of scallions.

Wash and drain the black beans until the water runs fairly clear. In a small bowl, mix together all the ingredients for the black bean sauce. Pour the sauce evenly over the fish.

Prepare a wok for steaming and cook the fish for 10 minutes or until the meat flakes.* Remove the fish from the steamer, garnish with julienned green onions and cilantro. Heat 2 Tbsp. peanut oil until smoking and pour over the fish. Serve immediately. *F. Achuck*

*Any whole fish such as rock cod or catfish

*General rule: Steam a fish 7 to 10 minutes per 1" thickness