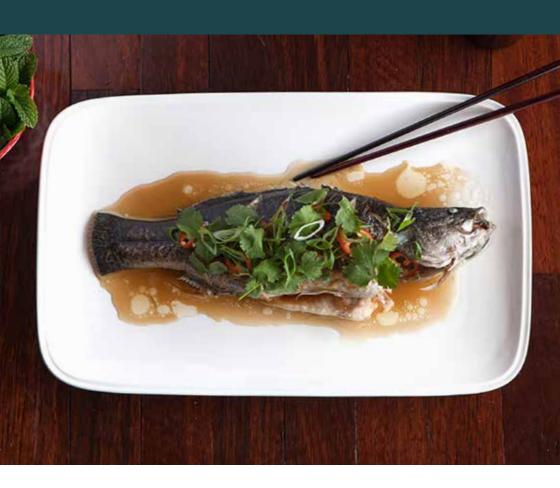
WHOLE STEAMED AQUNA COD WITH GINGER AND SHALLOT SAUCE



Life tastes better our way.





INGREDIENTS



METHOD

FISH

1kg-1.2kg whole Aquna cod, gutted and scaled 20g ginger, peeled and finely sliced salt, to taste

SAUCE

2 tbsp (30g) peanut oil 10g ginger, peeled and cut into matchsticks 40g red Asian shallots, sliced finely 1 tbsp (15g), Shaoshing rice wine 1 tbsp (18g) oyster sauce 2 tbsp (30g) sesame oil 1 tbsp (12g) white sugar 250ml fish stock

GARNISH

1 x sprig fresh coriander

1 x spring onion

1 x large red mild chilli

PREP: 20 MINUTES COOK: 20 MINUTES SERVES: 2 PEOPLE

FISH

- Make three 1cm deep cuts into each side of the fillets on the fish.
- 2. Season each cut with fine salt and insert some of the sliced ginger into each cut.
- Season the cavity of the fish, and place the rest of the ginger inside the cavity.
- 4. Steam the whole fish in a large bamboo steamer over a pot or a wok for 12-15 minutes, or until completely cooked through.

SAUCE

- Place peanut oil, ginger and shallot in a saucepan and cook on low-medium heat until translucent.
- Mix in a small bowl rice wine, oyster sauce, sesame oil and white sugar.
- 3. Add this to the ginger and shallots, then add the fish stock.
- 4. Cook on medium heat for 2 minutes until slightly reduced.

GARNISH

- 1. Pick the leaves of the coriander.
- 2. Slice the spring onion into diagonal pieces.
- 3. Slice the red chilli into small pieces.

TO ASSEMBLE

- 1. Place cooked fish onto a large deep dished plate.
- Pour over sauce and place all three garnishes over the top of the fish.





P: +61 269 625 470 W: WWW.AQUNA.COM



