

WHOLE STEAMED AQUINA COD WITH GINGER AND SHALLOT SAUCE



Life tastes better our way.



AQUINA
Sustainable Murray Cod



INGREDIENTS

FISH

1kg-1.2kg whole Aquana 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

METHOD

FISH

1. 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.
3. 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

1. Place peanut oil, ginger and shallot in a saucepan and cook on low-medium heat until translucent.
2. 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.
2. Pour over sauce and place all three garnishes over the top of the fish.



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RECIPE #4



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