

Fish With Soya Bean Sauce

Preparation : 15 minute
Cooking Time : 15 minutes
Serves : 4

Gently sautéed fish in a mild chilli, ginger and garlic sauce that will have you wondering why you haven't tried this simple dish before, just delightful.

INGREDIENTS

<ul style="list-style-type: none">• 4 Whole Fish (Skippy or similar)• 1 spring onion• 2 tsp chili & garlic sauce (Kum Kee brand)• 2 tsp sugar• ½ tsp salt• 1 tsp fresh grated ginger	<ul style="list-style-type: none">• 2 tsp Chinese vinegar (black)• 2 tsp fresh sliced garlic• 2 tsp Soya beans (Yoes brand)• ½ cup water• 2 tsp Chinese cooking wine• 1 cup peanut cooking oil
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METHOD

1. Clean fish and remove head. If the fish is too large you may need to remove the tail to fit within the wok.
2. Clean spring onion, remove green end and slice white portion into 25mm lengths, place in a bowl and add Yeo's Soya Beans, Kum Kee Guilin Chili Sauce, ginger and garlic. Mix well and set aside.
3. Prepare wok, add oil and heat very hot.
4. Carefully add 1 fish at a time and cook approx 1 minute each side until brown and crisp, remove to a plate and do each fish separately. This precooking is required to seal the juices prior to simmering in the sauce mixture.
5. Remove excess oil and ensure only 2 tbsp oil remains in wok and heat. Add the Soya bean mix, Chinese cooking wine, salt, sugar, Chinese vinegar, ½ cup water and the 4 precooked fish.
6. Simmer the 4 fish for approx 10 minutes whilst turning. Remove after sauce thickens.
7. Serve on a large plate and pour sauce over fish.

ACKNOWLEDGEMENTS

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