



SLURP

Steamed Sea Bass Fillets with Chopped Chilli

 @catererchronicles Wine Pairing

Vionta Godello Blanco

*I love this grape variety from Spain - it will compliment the chilli but not over power the seabass.
Lianghao de yinshi (or Bon Appetitt!). Only £9.95 on slurp.co.uk at the moment!*

Fish:

- Filleted Sea Bass skin on

Chopped Chilli Sauce:

- Chopped red chilli 300g
- Pickled chilli 300g
- Dry deep fried shallot 100g
- Oyster sauce 20g
- All purpose Soy (light) 20g
- Granulated sugar 10g
- Pinch of fine ground white pepper

Soya Sauce:

- 1 part Light Soy sauce
- 1 part water
- Granulated sugar 10th part of above volume
- Optional handful of chopped Coriander and spring onion

Method

1. Chilli Soy sauce solid ingredients finely diced and mixed with the wet ingredients and set aside.
2. Soya sauce for pouring should be combined and heated gently until sugar is melted, stir well.
3. Prepare a suitable steaming implement to hold the Sea Bass fillet comfortably, preferably leave the skin of the fish on to prevent break up when plating. If you prefer not to serve it with skin on, remove after plating. Our restaurant method uses spring onion stems to prop up the fish to prevent sticking when steaming, alternatively, lightly oil the implement before placing the fillets for steaming. Spread the prepared chilli sauce evenly over the fish.
4. Depending on the size of fish, steam on high heat for 8 to 15 minutes, test for doneness by inserting a toothpick or skewer into the thickest part of the fish, it shouldn't meet any resistance. Be careful not to overcook.
5. Gently lift the fish onto a warmed serving plate, then pour over the warmed Soya sauce. Sprinkle over some finely chopped spring onions and coriander to serve.

N.B. Chinese kitchens steam fish using a Wok and Bamboo steamer, the Wok is filled just around 1/4 full with boiling water, on high heat, The plated fish is put onto the Bamboo steamer with lid and the whole ensemble carefully lifted onto the Wok to steam.

Pickled chopped Chilli is available in most major Chinese supermarkets or online from Wing Yip Chinese supermarkets.