

# Come Cook with Us – Jan 2023

## Braised Fish

Portions: 4

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Total Time: 30 minutes

### Ingredients:

- 1 lb frozen fish fillet or whole fish, scaled and cleaned
- 3 green onion stalks
- 1 thumb ginger root
- 2 cloves garlic
- 1 small Shallot
- 2 Tbs vegetable oil
- 1 tsp sesame oil
- 1 fresh red chili pepper, or chili flakes (to taste)
- ½ tsp white pepper- split (black may be substituted)
- 1 tsp sugar (optional)
- 2 tsp low sodium soy sauce (may be substituted with coconut amino acids)
- ½ cup water



### Instructions:

1. Chop ginger, garlic, shallot.
2. Marinate fish fillet with ginger, garlic, shallot, and ¼ tsp white pepper for 10 minutes. If using a whole cleaned and scaled fish make slash cuts about 1/2-inch across the fish stuff slashes with ginger, garlic, shallot, sprinkle with white pepper and let sit for 10 minutes.
3. In a small bowl combine water, sugar (optional), low sodium soy sauce, sesame oil, and ¼ tsp white pepper. Set aside. Chop green onions and red chili pepper.
4. Heat vegetable oil in a frying pan or wok. Fry the fish over medium heat on both sides until golden brown.
5. Add half of the chili pepper and chopped green onion, as well as the sauce, cover the pan, and let simmer.
6. Transfer fish onto a serving platter and garnish with remaining fresh chili pepper and green onion.

Adapted from the BC Renal Kitchen