

# How to prepare steamed fish that absolutely blow your mind

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## Chinese steamed fish with ginger paste

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Recipe type: Main

Cuisine: Chinese

Prep time: 20 mins

Cook time: 15 mins

Total time: 35 mins

Serves: 1 fish

### Ingredients

#### Ingredients (A)

- 1 whole fish of 600g (sea bass or choice of your fish)
- 2 stalks of spring onions
- ½ piece of red chili, cut into fine strips
- 3 slices of young ginger, cut into fine julienne
- 10ml (2 teaspoons) of [Shaoxing wine](#)

#### Ingredients (B)- to blend

- 100g of young ginger
- 15g of shallots
- 10g of spring onions
- 2 bird's eye chili

#### Ingredients (C)- to saute

- 1 tablespoon of vegetable oil
- 1 teaspoon of chopped garlic

#### Ingredients (D)- to season ginger paste

- 1½ teaspoon of light soy sauce
- 1 teaspoon of sesame oil
- ½ teaspoon of cornflour
- ½ teaspoon of salt

- 1 teaspoon of sugar

### **Instructions**

1. The fish should be gutted and descaled (by your fish vendor)
2. Clean the fish cavity thoroughly (make sure not more debris and any fish blood that has a stinky smell)
3. Pour some hot water over the entire fish with a ladle a few times.
4. Bring the water in the wok to a boil.
5. Place a stalk of spring onion on the plate, and one chopstick (or a metal spoon) at the middle of the plate.
6. Place the fish on top of the chopstick.
7. Apply some Shaoxing wine to the fish.
8. Steam over HIGH HEAT, LID-ON, UNOPENED for 8 minutes. (Refer to the note section below for exact timing,)
9. Discard the water in the plate after steaming.
10. Blend ingredients (B)
11. Sauté ingredients (C) in a pan.
12. Add Ingredients (B) and (D) to the pan. Combined and cook for 1 minute.
13. Spread the ginger paste on the fish. Garnish with spring onions and chili.

### **Nutrition Information**

Serving size: 700g (with sauce), Calories: 875, Fat: 13g, Carbohydrates: 41g, Sugar: 17g, Sodium: 3.5g, Protein: 146g

## 7 steps to steam fish with simple ingredients



### Step 1- Clean the fish

The fish should be gutted and descaled (by your fish vendor)

Clean the fish cavity thoroughly (make sure not more debris and any fish blood that has a stinky smell)



### Step 2- Pour hot water over the fish

Pour some hot water over the entire fish with a ladle a few time. (This is to remove the fishy smell and the slimy coating on the fish, if any. )



### Step 3- Prepare for steaming

Bring the water in the wok to a boil.

Place a stalk of spring onion on the plate, and one chopstick (or a metal spoon) at the middle of the plate.

Place the fish on top of the chopstick (This is to create space between the fish and the plate to ensure even cooking by the steam.)

Apply some Shaoxing wine to the fish (optional, but that is what most Chinese chefs do in the

restaurants.)



#### **Step 4- Steam for 8 minutes**

Place a steamer in the wok. (If you do not have a steamer, just use two chopsticks to support the plate.)

Put the plate of fish on the steamer. Steam over HIGH HEAT, LID-ON, UNOPENED for 8 minutes. (Refer to the note section below for exact timing,)



#### **Step 5- Blend the ingredients to make the sauce**

Blend the ginger, shallots, spring onions and bird's eye chili with an electric blender.



#### **Step 6- Saute and cook the sauce**

Add Ingredients blended ingredients to the sauteed garlic.

Add the seasoning to it and cook for 1 minute.



### **Step 7- Assemble and garnish**

Spread the ginger paste on the fish.  
Garnish with spring onions and chili.

## Four simple steamed fish tips that guarantee results

- The single most important factor to be successful in steamed fish is to use fresh fish. Live fish is the best. If it is not available, use freshly chilled fish. Reserve the frozen fish for frying or baking.- The timing of steaming is crucial for the best result. It is also the secret of the chef. The timing depends on a variety of factors:
  - - The intensity of the heat
  - - The weight of the fish
  - - The thickness of the flesh
  - - Whether the fish at room temperature or fresh from the chiller
  - - Whether you use a metal plate (good heat conductor) or a ceramic plate
- Therefore, it is not possible to standardize the exact timing. As a general guideline, it takes 8 minutes to steam a fish weighed 600 to 800g, and 10 minutes for 800 to 1 kg).
- I regularly use a kitchen thermometer to ensure the fish is just cooked, but not overly done. It should be just right when you insert the kitchen thermometer to the thickest part of the flesh and get a reading of 140°F/60°C. When it reaches this temperature, stop steaming and remove it from heat immediately.
- It is pertinent to use premier grade soy sauce to make the sauce. You want to taste the flavor of the fish, not the sauce. Therefore the sauce should only play a supporting role in this recipe- not too strong and overpowering.

## Four simple tips to confirm you have chosen the freshest fish

As I said, we only seasoned the steamed fish lightly to let the flavor of the fish stand out. Therefore, the freshness of the fish is the single most important point to the success of this dish. There are a few tips you can use to get the freshest fish from the market without fail. Here are the tips:

- **Bright and clear eyes.** The eyes are like the crystal ball, accurately predict how fresh the fish is.
- **Shining, clean and metallic-like skin.** These are signs of fresh fish.
- **Bright red gills.** The color will turn to the color of faded brick as time passes.
- **Free from any smell.** This is the most reliable method by far. Sea water fishes should have no fishiness smell. Freshwater fishes should be free from muddiness smell. Under no circumstances should you choose a stench fish.



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