



STEAMED HALIBUT FILLET WITH CHINESE RICE WINE



RECIPE BY OTTO GOH

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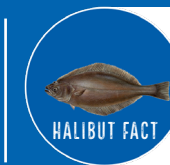


COOKING TIME
20 MINS



SERVING
2

LET'S TRAVEL WITH THESE FLAVOURS COMING FROM CHINA, WITH A TRADITIONAL RECIPE FOR SUSTAINABLE HALIBUT (OR ANY OTHER FIRM WHITE FISH SUCH AS COD, HAKE OR HADDOCK). BY CHEF OTTO FROM MALAYSIA.



HALIBUT ARE PART OF A GROUP OF THREE SPECIES OF LARGE FLATFISH IN THE RIGHT-EYE FLOUNDER FAMILY. THEY INCLUDE THE PACIFIC, ATLANTIC AND GREENLAND HALIBUT.

INGREDIENTS

- 400g MSC certified halibut fillet (or any similar firm white fillet fish)
- 500ml water, salted with 10g salt
- 3 mushrooms, sliced
- Goji berries, soaked
- 2 spring onions, chopped
- 50g shredded ginger
- 80ml Chinese rice wine
- 30ml water

- 100g steamed fish soy sauce
- 15g sugar
- Shredded spring onion
- Spring onion oil (or scallion) to drizzle
- Coriander

* NB. If you can't find spring onion oil, you can try with sesame or olive oil.

METHOD

1. Slice the halibut fillets into 45 degree pieces.
2. Soak the sliced fish in the salted water for 10-15 mins, then pat them dry.
3. Place the mushroom slices, Goji berries, shredded ginger and spring onion onto the fish.
4. Pour the Chinese rice wine, steamed fish soy sauce and sugar into 30ml water and mix well.
5. Place the fish on a plate and pour the rice wine mixture over it.
6. Steam the fish for 8 minutes at high temperature. Turn off the heat, keep the fish covered but let it rest in the steam for 2-3 minutes.



and remember to look for the blue fish label

