

中式紙包鱸魚

Fish-in-a-bag Chinese style

份量：4 人

熱量：每份 550 卡路里



基本材料：

豉油	6 湯匙
紹興酒	3 湯匙
花椒	24 粒，舂碎
水	3 湯匙
生粉	1 湯匙，以 1 湯匙水開稀
白菜仔	4 條，打直切半
嫩莖西蘭花	8 條梗
大豆芽	2 把 (140 克)
鱸魚魚柳	4 件 (每件 150 克)
蒜頭	4 粒大，切片
薑	切絲
紅辣椒	1 隻，切片
海鹽、現磨白胡椒	少許

其它材料：

絲苗米	240 克，煮熟
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烹飪步驟：

1. 焗爐預熱至 200 度。預備 4 張 40X35 厘米的焗爐紙。
2. 豉油、紹興酒、花椒和 3 湯匙水倒入小鍋中，中火煮沸。熄火。加入生粉水，再開火攪拌，直至醬汁稠身即可。待用
3. 在每張焗爐紙舖上白菜仔、嫩莖西蘭花梗和大豆芽。鱸魚以海鹽和白胡椒調味，然後放在蔬菜上。
4. 魚上放薑、蒜頭和紅辣椒，舀上醬汁。先將焗爐紙的長邊對摺，再將另外兩邊包起。反轉放在焗爐盤上，讓開封口向下。焗 18-20 分鐘。
5. 上碟。搭配白飯食用。

Fish-in-a-bag Chinese style

Serving : 4

Calorie: 550 per serving

Basic Ingredients:

Light soy sauce	6 tbsp
Shaoxing wine	3 tbsp
Szechuan peppercorns	24, lightly crushed
Water	3 tbsp
Cornflour	1 tbsp, mixed to a paste with 1 tbsp water
Baby pak choi	4, halved lengthways
Tenderstem broccoli stalks	8
Bean sprouts	2 handfuls (140g)
Sea bass fillets	4, (150g each)
Large garlic	4 cloves, thinly sliced
Ginger	12cm piece, julienned
Red chilli	1, sliced on an angle
Sea salt and freshly ground white pepper	A little

To serve:

Jasmine rice	240g, cooked
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Procedures:

1. Preheat the oven to fan 200°C/gas 6. Cut four pieces of baking parchment, about 40 x 35cm.
2. Put the soy sauce, Shaoxing wine, Szechuan peppercorns and the 3 tbsp water into a small pan and bring to a simmer over a medium heat. Remove from the heat and whisk in the cornflour paste, then return to the heat and whisk until the mixture has thickened to the consistency of ketchup. Set aside.
3. Lay one halved pak choi in the middle of each piece of baking parchment and top with the broccoli and bean sprouts. Season the fish with salt and white pepper and place a fillet on each pile of veg.
4. Scatter the garlic, ginger and red chilli on top of the fish, then spoon over the sauce. Bring the long edges of the paper together over the fish and fold them together to seal, scrunching the ends to close these too. Place on a baking tray and cook in the oven for 18–20 minutes.
5. Lift each bag onto a warmed serving plate, to rip open at the table. Serve with jasmine rice.