



## CHEF MARGARET KUO, MARGARET KUO'S WAYNE

www.margaretkuos.com

### STEAMED WHOLE FISH

#### Ingredients:

- 1 whole black sea bass or wild salmon scaled, gutted and scored (whole fish can be substituted with firm fish fillets)
- 1 Tbsp cooking wine
- 1 tsp cooking oil
- pinch of white pepper
- fresh ginger slices
- scallion pieces
- 1/3 cup soy sauce
- 1/3 cup soup stock or water
- pinch white pepper
- pinch sugar (optional)
- 1 1/2 tsp sesame oil

### Nutrition Facts

Serving Size 95 g

#### Amount Per Serving

Calories 83

Calories from Fat 32

	% Daily Value*
<b>Total Fat</b> 3.6g	6%
<b>Saturated Fat</b> 0.6g	3%
<b>Cholesterol</b> 1mg	0%
<b>Sodium</b> 2746mg	114%
<b>Total Carbohydrates</b> 7.6g	3%
<b>Sugars</b> 1g	
<b>Protein</b> 4.3g	

Vitamin A 27%

Calcium 2%

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Vitamin C 1%

Iron 6%

\* Based on a 2000 calorie diet

#### Directions:

Add wine and cooking oil on each side of the fish. Add white pepper all over fish skin and stuff thick fresh ginger slices and scallion pieces inside fish cavity and also put on top of fish. Place fish raised on a steamer filled with boiling water underneath (1.5 pounds fish takes approximately 10 minutes to be cooked.)

Remove cooked fish from pan, trim off the juice and remove the aromatics. Whisk remaining ingredients except sesame oil in the pan. Simmer mixture and pour it over the fish.

Garnish top of fish with julienned ginger and scallions.

Heat 1 1/2 teaspoon of sesame oil and pour over ginger and scallions to bring out the flavors.

**Serves 2**

**For more information please visit:**

[WHYY.org/widerhorizons/chefsguide.html](http://WHYY.org/widerhorizons/chefsguide.html)