

## Cantonese Steamed Trout with Shallots and Cilantro

Scott Gee

*This is a classic Cantonese dish. The key to success is the freshness of the fish and not overcooking it. Cantonese cooking is bland by modern standards. Add jalapeños if you want it spicier or fermented black beans.*



### Ingredients (serves 4):

4 trout fillets or 2 whole trout, gutted, gills removed, scaled and diagonally scored 3 times on each side (1.5-2 pounds)  
1 teaspoon sea salt  
1/4 teaspoon white pepper  
1" ginger, minced  
2-3 garlic cloves, minced  
1/2 shallot, minced  
1 large Jalapeño pepper, seeded (leave seeds in if you want it hot), minced (optional)

### For the Toppings:

2-3 green onions, sliced  
1 tablespoon light soy sauce  
1 tablespoon dark soy sauce  
1 1/2 tablespoons peanut oil  
1 teaspoon sesame oil  
1/2 shallot, thinly sliced  
8 cilantro sprigs, roughly chopped

### Equipment:

14" Wok with lid  
10-12" Heatproof Plate  
Pressure Cooker Trivet or Egg Steamer Rack (7" diameter 1-2" legs)  
Baking Round Cooling Rack (9-10" diameter)  
Olive oil spray



### Directions:

Place a round cooling rack on a heatproof oval plate. Spray the cooling rack with olive oil. Rinse the trout with cold water and pat dry with paper towels. Place the trout on the cooling rack. Sprinkle the trout with salt, white pepper, ginger, garlic and minced shallot. Let it sit for 30 minutes.

Put the trivet or egg steamer rack in the wok. Add 2" water to the wok. Bring the water to the boil over a high heat. Put the plate of fish into the steamer. Cover the pan tightly and gently steam the fish until it is just cooked. Steam for 8-15 minutes for a whole fish or 3-8 minutes for fillets, depending on the thickness of the fillets. Steam until the flesh flakes easily when tested with a fork and is still moist. Do not overcook the trout.

Remove the plate of cooked fish and slide the trout off of the cooling rack onto the oval plate. Sprinkle on the green onions, light and dark soy sauces. Heat the peanut and sesame oils together in a small pan over high heat. When they are smoking hot, add the sliced shallots and brown them, but don't let them burn. Pour the shallot-oil mixture over the top of the fish. Garnish with cilantro and serve.

