

Recipe of the Week

Steamed Barramundi Fillets

(Serves 4)



- 4 Barramundi Fillet Portions
- 1 tblspn olive oil
- 1 onion, finely chopped
- 2 garlic cloves, chopped
- 3cm piece of ginger, peeled & grated
- 1 Cup chicken stock
- 1/4 cup soy sauce
- 1/4 cup Shao Hsing Chinese cooking wine (or a sweet sherry)
- 2 tblspns oyster sauce
- 1 tblspn caster sugar
- 1 bunch of English Spinach
- 2 teaspns sesame oil
- Steamed basmati rice & coriander sprigs to serve

Heat oil in saucepan over medium-high heat. Add onion, garlic and ginger. Cook for 2 minutes or until tender. Add stock, soy sauce, Chinese cooking wine, oyster sauce and sugar. Stir until well combined. Bring to the boil. Reduce heat to medium. Simmer, uncovered, for 12 to 15 minutes or until reduced by half.

Meanwhile place spinach leaves in base of bamboo steamer basket.

Place fillets in a single layer over leaves. Place basket over a saucepan of simmering water, cover and steam for 8 to 10 minutes or until fish is cooked through.

Place rice and spinach leaves onto serving plates. Top with fish. Spoon over soy mixture. Drizzle with sesame oil. Top with coriander. Serve immediately.