



STEAMED HALIBUT WITH CHINESE MUSHROOM, PICKLED PLUM STOCK AND POACHED CABBAGE ROLL 蒸比目鱼伴香菇酸梅汤白菜卷

serves 10

Steamed Halibut

500g fish paste
100g Chinese mushrooms, soak and slice
50g spring onion, sliced
50g diced tomatoes
10 slices halibut fillet (75g each)

Pickled Plum Stock

2kg fish stock
8 sour plums
12 stalks spring onion
50g ginger
50g Chinese mushrooms
5 chillies, deseed
5 tomato wedges

Poached Cabbage

10 Tianjin baby cabbages
10 chives

Method

To make Steamed Halibut:

1. Mix fish paste with Chinese mushrooms, spring onion and tomatoes.
2. Spread over halibut. Steam at 65°C for 10 mins.

To make Pickled Plum Stock:

1. Combine all ingredients and boil for 20 mins. Strain. Reserve stock for later use.

To make Poached Cabbage:

1. Poach cabbages in Pickled Plum Stock until soft.
2. Roll up and tie evenly with chives.

10人份

蒸比目鱼

鱼胶500克
香菇100克, 浸软切片
青葱50克, 切片
番茄丁50克
比目鱼柳10片(每片75克)

酸梅汤

鱼汤2公斤
酸梅8粒
青葱12棵
姜50克
香菇50克
辣椒5条, 去籽
番茄5角块

烫津白

天津小白菜10片
韭菜10条

做法

准备蒸比目鱼:

1. 把鱼胶、香菇、青葱和番茄混匀。
2. 抹在比目鱼上, 放入65°C蒸笼热蒸10分钟。

准备酸梅汤:

1. 把所有用料混匀煮滚20分钟, 滤渣后保留汤水待用。

准备烫津白:

1. 把小白菜放入酸梅汤里烫煮至熟软。
2. 卷起小白菜, 用韭菜绑紧。