

## Cantonese Fish

**This is actually a cheat- many people do not have a steamer, or only one, which is needed for the rice. It is done in the oven at a low(ish) temperature in a roasting bag. Ideally served with steamed (or boiled) rice and a complementary dish for contrasting flavour such as Ma Po Tofu or a pork/ chicken dish.**

One medium whole fish, gutted and cleaned. Sea fish are good, I also enjoy this recipe made with thawed tilapia. A lack of small bones is an advantage.

1 spring onion, chopped

Ginger, thinly sliced- about 1 sq. Inch (2-3 cm) will do

Coriander, chopped- use the cleaned roots in the cooking, save the leaves for later

2 tbsp Cooking oil, preferably groundnut (sunflower or corn oil will do) –

1/2 tsp Sesame oil

Soy sauce (not sweetened, preferably naturally fermented)

- Wash the fish and pat it dry with kitchen paper. Place the coriander roots in the body cavity along with the ginger slices, half of the spring onion and a pinch of salt. Slide the fish into the bag, be generous with space and follow otherwise the instructions on the bag's pack.
- Place the bag on an oven tray and put it in the oven. Cook at 120°C for about 30 mins, depending on size)\*.
- When it's nearly ready, heat the oil in a pan until hot but not smoking.
- Take out the fish and carefully place it on a serving plate. Pour the hot oil over the fish
- Garnish with the remaining spring onion slices and the coriander leaves, and maybe a little soy sauce, but not so much as to destroy the delicate flavour you have just enhanced with the oil.
- Either take the fish meat of the bone and serve or let your guests help themselves with the aid of chopsticks.
- Serve with rice and another dish which contrasts in flavour.