



Red Cooked Fish

Hanggai (China)

INGREDIENTS

1-2 lb. carp or any other fish with substantial flesh (fish with more delicate flesh do not work well in this recipe)

1-2 eggs

3-4 cloves of garlic (or more to taste)

1 tablespoon of minced ginger

1 Chinese onion

1 cup Chinese baijiu - white spirits (may substitute vodka, scotch, whiskey or other strong spirit, if none available, red wine will do)

1 cup Chinese rice vinegar

2-5 tablespoons of sugar (according to taste and size of fish)

¼ - ½ cup Chinese soy sauce

2 tablespoons cooking oil

Fresh coriander

METHOD

Slice into meat of cleaned fish with skin, head and tail intact, 3 times across top and bottom and 2 times at sides.

If fish is too big to fry in wok whole, cut into three sections. Mince the garlic. Have the minced ginger on hand. Cut the onion into 1/8 inch ringlets.

Scramble eggs and pour over fish to coat. Place oil in wok over medium to high flame. Wait for a small ring of bubbles to form and smoke to begin coming off of oil. Place egg-coated fish in wok. When the underside is golden, gently turn over and fry other side until golden.

When both sides are golden, pour the spirits over the fish and quickly cover the wok with a lid to avoid a fire. If there is a slight fire, do not be alarmed, simply place the lid on the wok. The fire will extinguish on its own. You will hear a sizzle, and when that dies down, you can take the lid off. Approximately 3 seconds.

Similarly, pour the Chinese rice vinegar into the wok and cover immediately. Wait for sizzle, then remove.

Add garlic, ginger, onion to wok. Add enough water to almost cover fish. Add sugar to taste. Add soy sauce. If you are using dark soy sauce, be sparing. If you are using light soy sauce, be more generous. Do not overdo soy sauce. Bring to the boil.

When the mixture reaches a boil, turn down the flame to a simmer. Put lid on wok and allow to simmer until sauce is nearly fully reduced. Remove from pan to heated concave platter. If whole, place whole onto platter. If in pieces place pieces together to form whole fish on platter. Quickly top with fresh coriander. Serve.