

Miele

Steamed whole fish with ginger and spring onion

By Miele

20 minutes

Preparation Time

15 minutes

Cooking Time

4 serves

Serves



INGREDIENTS

4 spring onions
1 x 1 kg whole white fish, e.g. snapper, Murray cod, or sea bass
Salt flakes and ground white pepper, to taste
4 cm (20 g) piece fresh ginger, peeled and cut into matchstick sized pieces (about 2 tbsp)
200 g (1 cup) jasmine rice, rinsed
1 ½ cups (375 ml) water
2 bunches broccolini, trimmed
60 ml (¼ cup) vegetable oil
2 tsp sesame oil
1 tbsp Chinese cooking wine
2 tbsp light soy sauce
1 tsp caster sugar
2 tbsp oyster sauce
1 tsp sesame oil, extra

To serve

1 long red chilli, thinly sliced
Fresh coriander leaves
Chilli oil, optional

Miele Accessories

Steam containers

METHOD

1. Separate the spring onion greens from the whites. Cut the whites and greens thinly on an angle.
2. Place the fish onto a long heat-proof serving plate or unperforated steam container. Cut 1 cm diagonal slashes into the thickest parts of the fish. Season both sides with salt and white pepper.
3. Place the spring onion whites and half of the ginger into the cavity. Put the remainder of the ginger on top of the fish.
4. Place the rice into an unperforated steam container and cover with the water.
5. Place the broccolini into a perforated steam container.
6. Place the fish and rice into the steam oven and Steam at 100°C. Set the duration for 13 minutes then add the broccolini. Cook for a further 2 minutes, or until the fish is just cooked through, the broccolini is tender and the rice is cooked.
7. Heat the oils in a small saucepan on medium heat, induction setting 6, for 3 minutes until very hot but not smoking.
8. Combine the Chinese cooking wine, soy sauce and caster sugar in a small bowl.
9. Remove the fish from the steam oven, discard any excess water and place the spring onion greens on top. Pour over the Chinese cooking wine mixture and then immediately pour the hot oil over the fish. You should hear sizzling and the spring onions will slightly wilt.
10. Place the broccolini onto a warm serving plate. Mix the oyster sauce with the extra sesame oil and drizzle over the broccolini.
11. Garnish the fish with the reserved spring onion greens, chilli and coriander. Serve with the broccolini and steamed rice and chilli oil, if desired.

Hints and tips

- This recipe can also be used to cook thick (2.5 cm) fish fillets, however, add the fish 5 minutes after the rice starts cooking.
- Speak to your fishmonger to buy the most sustainable fish for this recipe. Ask for a fish with firm white flesh.
- Our combi steam Pro ovens have a great feature called “Menu cooking” under Special applications. Choose fish, rice and broccoli from the options and the oven will prompt when the foods should be added.
- This classic recipe is a great example of menu cooking, utilising the steam oven to cook an entire meal.