

GREAT FRESH FISH RECIPES

from **Barbara Ann Fishing Charters**

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WHOLE BLACK SEABASS WITH BLACK BEAN SAUCE

Ingredients:

One 2-3# whole black sea bass, cleaned and scaled

½ tsp salt

1 tbsp all-purpose flour

½ cup vegetable oil

½ tsp chopped fresh ginger

½ tsp chopped garlic

1 tbsp fermented black beans, chopped (can get from oriental market)

1 tbsp cornstarch mixed in 2 tbsp water

1 tbsp shredded red pepper, blanched 1 minute in boiling water

¼ cup chopped green onions

Procedure :

1. Score fish on both sides. Season lightly with salt, then coat with flour.
2. Heat oil in a pan. Add fish and fry on both sides until golden brown. Remove to serving plate and keep hot. Pour off excess oil from pan leaving 1 tbsp. Reheat pan, add ginger, garlic and beans, stir fry 1 minute. Stir in sherry, soy sauce, sugar and stock. When boiling stir in blended cornstarch and water to thicken.
3. Add green onions. Spoon over fish and garnish with red pepper.

Makes 6 servings.