



Fish Head Steamboat

SERVES 4

PREP TIME 1 HR

INGREDIENTS	METHOD
<p>800g locally farmed grouper / red snapper fish</p> <p>1½ pieces dry sole fish (medium size)</p> <p>3 litres chicken/ ikan bilis stock</p> <p>40g ginger slices</p> <p>1 stalk spring onion</p> <p>½ cup hua tiao wine</p> <p>Salt or fish sauce to taste</p> <p>Oil for frying</p> <p>400g yam</p> <p>2 tomatoes (cut into wedges)</p> <p>1 block silken tofu</p> <p>Ingredients for toppings (to mix and match):</p> <p>100g locally farmed spinach</p> <p>100g locally farmed kai lan</p> <p>100g locally farmed nai bai</p> <p>100g locally farmed cai xin</p> <p>100g locally farmed oyster mushroom</p>	<ol style="list-style-type: none"> 1. Pan fry / toast dry sole fish until brown and fragrant. Set aside. 2. Fillet and debone grouper, cut fillet into slices. Keep bones and tail for stock. 3. Shallow fry fish bones and fish head until brown in the pan. Set aside. 4. In a pot, add 2 tbsp oil and stir fry ginger slices and spring onions until fragrant. 5. Add in ikan bilis stock and bring to a simmer. Stir in toasted sole fish, fish bone, fish head and yam slices to soup. 6. Season to taste with salt or fish sauce and add in hua tiao wine. Simmer for 20 minutes. 7. Transfer stock and fish head into a steamboat pot. 8. Add silken tofu and locally farmed oyster mushrooms, tomatoes, kai lan, cai xin, nai bai, and spinach. 9. Dip and cook fish slices to preference in the steamboat. Enjoy!

RECIPE SHARED BY

SFA in collaboration with The Meatmen