



Shui Zhu Yu, 水煮鱼

Sichuan Boiled Fish

Recipe Provided by: Judy Yan

Recipe Credit Given to: Red House Spice

<https://redhousespice.com/sichuan-boiled-fish/>

Traditional Chinese Recipe

INGREDIENTS

For the fish

- 250 g skinless, boneless fish fillet – 9oz (catfish, cod, black sea bass)
- 1 pinch salt
- 1 pinch white pepper
- 1 teaspoon Shaoxing rice wine
- 1 teaspoon corn starch

For the spices

- ½ teaspoon cooking oil
- 15 dried chilies
- 2 teaspoon Sichuan peppercorn (can use red, regular Sichuan pepper and green)

For the vegetable

- 1 teaspoon cooking oil
- 4-5 celery stalks, cut into thin strips or bean sprouts

For the broth

- 2 tablespoon cooking oil
- 2 cloves garlic, minced
- 1 teaspoon ginger, minced
- 1 stalk scallions, chopped
- 1.5 tablespoon Sichuan chilli bean paste (different brands (spicy Doubanjiang/辣豆瓣酱) may vary in saltiness, hotness, and texture. Adjust the volume accordingly. Best to use Pixian Douban (郫县豆瓣), a well-known variety, which needs to be coarsely chopped prior to cooking)
- 1 teaspoon chili powder
- 400 ml. hot water or chicken stock

For the garnishes

- Coriander – chopped
- 2 tablespoons cooking oil

DIRECTIONS

1. Marinate the fish:
 - Slice the fish fillet diagonally.
 - Marinate with salt, white pepper, rice wine, and corn starch.
2. Fry the spices:
 - In a wok (or a deep, frying pan), fry dried chili and Sichuan pepper in oil over a low heat until fragrant (do not burn them).
 - Chop coarsely when cooled. Set aside.
3. Cook the vegetable:
 - In the same wok, heat up oil over a medium heat, stir in celery.
 - Cook for 1.5 minutes or so (30 seconds if using bean sprouts instead).
 - Transfer to a serving bowl. Set aside.

4. Make the broth:

- Heat up oil in the wok, fry garlic, ginger and spring onion.
- Add Sichuan chili bean paste and chili powder.
- Pour in water (or chicken stock).
- Bring it to a full boil.

5. Cook the fish:

- Gently place the fish slices into the wok.
- When cooked, pour the fish and the soup onto the vegetable.

6. Garnishes:

- Top with fried spices and coriander.
- Heat up oil then pour over to sizzle the spices.
- Serve immediately with plain rice.

NOTES

