

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Black Bean Garlic Fish

I don't often use prepared sauces in my stir-fry dishes, but sometimes you just gotta have a special one...

- 2 Tbsp black bean garlic sauce (Lee Kum Kee or similar)*
- 2 tsp water*
- 1 tsp sugar*
- 2 lb fish filets (trout, tilapia, haddock or similar)*
- 2 Tbsp cornstarch*
- 1 Tbsp oyster sauce (Lee Kum Kee or similar)*
- 3 Tbsp vegetable or peanut oil*
- 1 Tbsp sesame oil*
- 1-2 jalapeño peppers, stemmed, seeded, in strips*
- 4-5 green onions, in strips*
- 3 stalks celery, in strips*
- 2 carrots, in matchstick strips*

Combine garlic sauce, water and sugar in a small bowl. Rinse fish and pat dry with a paper towel. Cut into 1-inch pieces; set aside. Combine cornstarch and oyster sauce in a small bowl. Add to fish, stirring until coated. Let marinate for about ten minutes or so.

Heat oils in a wok over medium-high heat. Add pepper and onion strips and stir-fry for about 30 seconds, until fragrant. Add fish and stir-fry for a minute or two. Add celery, carrots and seasoning mix. Stir-fry until fish is cooked through and veggies are crisp-tender, about 2-3 minutes or so. Serve with steamed or fried rice.

Yield: Six to eight servings
Preparation time: 15 minutes
Cooking time: 10 minutes

