

Marinated Steamed White Fish Fillets

This simple dish enhances the delicate flavor of fresh white fish. It takes little time to prepare and, when properly cooked, is absolutely delicious.

Combine the mirin and soy sauce in a large shallow dish. Coat all surfaces of the fillets with this marinade, then tuck the ginger slices under the fish and let it marinate for 20 to 30 minutes, turning once. Arrange the fish on a heatproof plate or on a steamer tray lined with collard or cabbage leaves and steam over rapidly boiling water until just white throughout and flaky (about 9 minutes for each inch of thickness). If desired, transfer the fillets to a platter or to individual serving dishes. (If using a bamboo steamer lined with cabbage leaves, it will be attractive to serve as is.)

Heat the oil in a small skillet. Sauté the ginger and scallion for 30 seconds, then immediately arrange the vegetables over the fish and drip the remaining oil over the top. Serve hot.

Preparation List:

Serves 3

- 3 tablespoons mirin
- 1 tablespoon shoyu or tamari
- 3-4 thin diagonal slices of ginger root
- 1 pound (approx.) white fish fillets (such as flounder, sole, snapper, scrod, sea bass, orange roughy, etc.)
- collard or cabbage leaves or heatproof plate
- 2 teaspoons toasted sesame oil
- 1 teaspoon light sesame or safflower oil dash chili oil (optional)
- 2 teaspoons ginger, peeled and cut into very thin julienne strips
- 2 scallions, cut on the diagonal into thin 1½-inch strips