

Cantonese-Style Steamed Vieille Fillet with Ginger and Scallions

Nothing captures the essence of classic seafood cooking quite like traditional Cantonese-style steamed fish. Delicate, sweet Vieille fillet is gently steamed over a fragrant bed of fresh ginger and scallions, then finished with a dramatic pour of hot oil that crisps the aromatics and unlocks their full aroma. Drizzled with a warm, seasoned soy sauce, this light yet deeply satisfying dish delivers restaurant-quality flavor to your table in under 20 minutes.



Ingredients

- ☐ 2 lbs fillets Vieille (Maremer)
- ☐ 1 pinch fine salt
- ☐ ½ cup Chinese cooking wine (or rice wine vinegar/Shaoxing wine)
- ☐ 1 large fresh ginger root
- ☐ 5 whole scallions (spring onions)
- ☐ 3 tbsp neutral oil (such as canola, vegetable, or peanut oil)
- ☐ 2 tbsp light soy sauce
- ☐ 2 tsp sugar
- ☐ 1 tsp sesame oil
- ☐ water



Directions

- 1 Peel the ginger. Cut a few thin slices to lay beneath the fish, then finely julienne the remaining ginger into razor-thin matchsticks.
- 2 Cut the scallions into 3-inch segments. Reserve 4 to 5 segments for the base of the plate, and thinly slice the rest lengthwise into fine ribbons.
- 3 Arrange the reserved ginger slices and scallion segments evenly across the bottom of a heatproof steaming plate to create a natural rack.
- 4 Lightly season the Vieille fillet with salt on both sides, drizzle with the cooking wine, and place it directly on top of the ginger and scallion bed.
- 5 Bring water to a rolling boil in your steamer or deep wok. Place the dish inside, cover with a tight-fitting lid, and steam on medium heat for 12 minutes until the fish turns opaque and flakes easily with a fork.
- 6 While the fish steams, combine the soy sauce, sugar, sesame oil, and warm water in a small bowl. Stir until the sugar completely dissolves.
- 7 Carefully remove the plate from the steamer. Drain off all accumulated steaming liquid from the plate (this step eliminates excess moisture and any residual fishiness). Top the hot fish generously with the remaining julienned ginger and scallion ribbons.
- 8 Heat oil in a small saucepan over medium-high heat until it just begins to smoke.
- 9 Pour the seasoned soy sauce mixture directly around and over the fish.
- 10 Serve immediately alongside steaming bowls of jasmine rice.