

Soy Braised Fish



Sirve:

4 servings

Pieza:

Saladmaster Food Processor
4.5 Qt. Mini Braiser Pan with Cover (Limited Edition)

Valora: ☆☆☆☆☆

Contribuido por:

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Descripción de la Receta:

Mild firm fleshed white fish and sturdy salmon pair well with this light and flavorful dish. Braising fish preserves flavor and nutrition, and is a quick cooking method. Use the delicious sauce to spoon over fish or accompany it with steamed rice.

1 ½ pounds
black sea bass, halibut or other firm fleshed white fish
(680 g)
4 cloves
garlic, shredded, use Cone #1
1- inch
piece fresh ginger, sliced into very thin slices
½ pound
fresh snow peas, trimmed
(227 g)
¾ cup
scallions, chopped
(75 g)
2 tablespoons
naturally fermented soy sauce or tamari
(30 mL)
1 cup
water or fish stock
(180 mL)
1 tablespoon
white wine vinegar
(15 mL)
1 teaspoon
brown sugar

(3
g)
1 tablespoon
organic cornstarch or arrowroot
(8
g)
coconut oil spray

Preparación :

1. Trim fish and sprinkle both sides with salt and pepper. Lightly spray one side of fish with coconut oil spray.
2. Preheat pan over medium-high heat. When several drops of water sprinkled on pan skitter and dissipate, approximately 5 - 7 minutes, place fish (with side that has been sprayed with oil down) in pan in a single layer. Cook for 2 - 3 minutes, until browned. Carefully remove fish from pan and set aside on clean dish.
3. Add sliced ginger, snow peas and half of scallions to pan and sauté for 3 - 4 minutes.
4. Place fish back in pan, uncooked side down, on top of sautéed vegetables. Add any juices from fish.
5. In a small bowl, mix together soy sauce, water, rice vinegar, sugar and cornstarch. Stir together. Pour sauce over fish.
6. Place cover on pan. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 5 - 7 minutes until fish is cooked through. Cooking time will vary depending on thickness and type of fish being used.
7. Remove cover and add remaining chopped scallions. Serve fish warm with sauce and vegetables.

Consejos:

- Substitute snow peas for frozen peas; add to pan in the last 2 minutes of cooking.
- Serve fish and sauce with steamed rice, soba noodles or quinoa.

Información nutricional por ración

Calorías: 207
Grasa Total: 3g
Grasa 1g
Saturada:
Colesterol: 83mg
Sodio: 626mg
Carbohidratos: 12g
Fibra 2g
Dietética:
Azúcar: 4g
Proteína: 35g