

Steamed Tilefish and Bok Choy with Szechuan Soy Broth

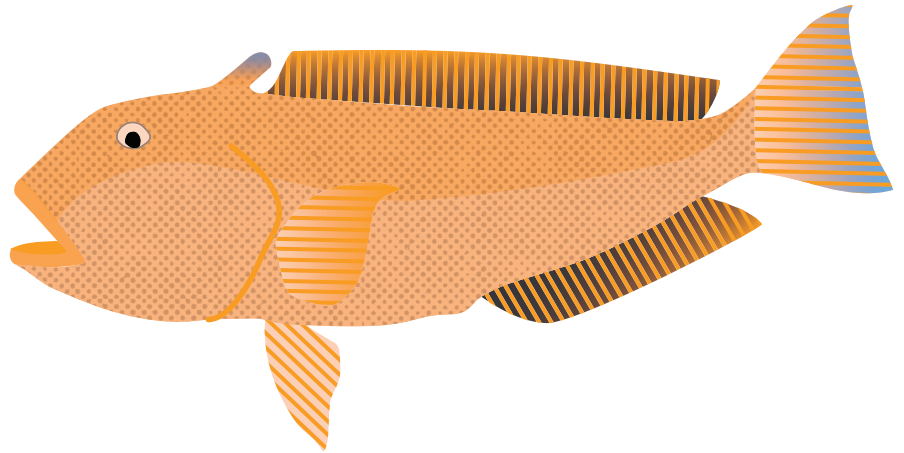


Recipe courtesy Chef Tamie Cook

YIELD: 2 SERVINGS

INGREDIENTS:

1 lemon, thinly sliced
2 4- to 6-ounce tilefish filets
1 teaspoon sesame oil
1/2 teaspoon sea salt
Generous pinch white pepper
2 small heads bok choy, sliced in half lengthwise
4 scallions, sliced on the bias
1 1/2-inch piece fresh ginger, peeled and julienned
2 tablespoons vegetable oil
1 1/2 teaspoons Szechuan peppercorns, crushed
1/4 cup soy sauce
1 tablespoon white wine or sake
2 teaspoons honey
2 teaspoons cilantro leaves



Set up a steamer basket large enough to hold fish and vegetables and line the bottom of the basket with lemon slices. Add 2-inches of water to a wok, sauté pan or pot, large enough to hold the basket. Set over medium heat, place the basket in the wok and bring the water to a simmer.

While the water is coming to a simmer and lemons are beginning to cook, brush the filets on both sides with sesame oil and season with salt and pepper. Lay the filets on half of the lemons and place the bok choy, cut side down, on the other half. Evenly spread 1/2 of the scallions and ginger on top of both fish and bok choy. Cover and steam for 6 to 8 minutes or just until the fish is cooked through.

In the meantime, place the vegetable oil in a small saucepan and set over medium heat. Once the oil shimmers, add the remaining scallions and ginger and cook for 1 to 2 minutes or until the scallions begin to wilt. Add the peppercorns, soy sauce, white wine and honey. Cook until simmering, about 30 seconds.

Remove the fish and bok choy from the basket to two shallow serving bowls, sprinkle with cilantro leaves and pour the simmering liquid over top. Serve immediately.