COOKING PASSION SINCE 1877

Steamed Cod

DIFFICULTY: EASY

PREPARATION TIME: 20 MINUTES

COOKING TIME: 20 MINUTES

SERVES: 1

Ingredients

The Pickled Green Beans

5-6 green beans
½ green chili
The Pickling Liquid
3 tbsp rice vinegar
1 tsp palm sugar
½ tsp salt

The Topping

½ thumb sized piece ginger
2 spring onions
½ red pepper
1 corn on the cob
3-4 tbsp vegetable oil
Fish
300g cod fillet, skin on, descaled (see note)
1 tbsp light soy sauce
Crispy Thai shallots (to garnish)
Coriander (to garnish)

Increase if serving more than one person.

Method

Finely chop the green beans and the green chili from “The Pickled Green Beans” and then mix together with “The Pickling Liquid”. Set aside.
Finely chop the ginger and spring onion and place in a heat proof bowl. Then chop the red pepper into small dice and sheer the sweetcorn kernels off the corn on the cob.
Set your steam oven to FullSteam.
Place the cod fillet, skin side up in a medium sized tray or a low level bowl. Steam on for 8 minutes.
Heat 3-4 tbsp vegetable oil in a wok to a high heat. Once the oil starts to smoke, pour half of the oil over the ginger and spring onion; you should get a vigorous sizzling sound.
Lastly, place the wok back on the hob on a high heat and then add the red pepper and sliced sweet corn kernels to the wok and fry for 1-2 minutes until they have charred nicely around the edges. Once cooked, place in a mixing bowl for later.
After the 8 minutes of steaming, carefully remove the cod fillets from the oven. Take 2-3 spoons of the pickled green beans, and 2 tbsp ginger and spring onion oil (use the paste, rather than just the oil) and add to the red pepper and sweetcorn bowl. Give it all a good mix.
Lastly, add a small handful of picked coriander leaves and crispy Thai shallots to the mix and then pile over the steamed cod fillet. Top with a light drizzle of soy sauce and serve.

Notes

© NEFF Australia. For more delicious recipes visit theneffkitchen.com.au