

Chinese Renal Kitchen - Braised Fish with Ginger and Green Onion

 Servings: 4



Nutrient Analysis Per Serving:

Protein:	22 g
Carbohydrates:	8 g
Fat:	< 1 g
Potassium:	616 mg
Phosphorus:	265 mg
Sodium:	165 mg

**The original recipe was taken from the Chinese Renal Kitchen: Cookbook for People Living with A Special Diet for Kidneys, Renal Department, St. Paul's Hospital, Vancouver, BC, 1998.*

Note: This handout does not replace consultation with your kidney dietitian or health care provider.

Ingredients:

Whole fish, scaled and cleaned or frozen fish fillet	1 pound or 454 grams
Green onion, finely chopped	3 stalks
Ginger root, sliced	3
Garlic cloves, sliced	2
Shallot, sliced	1 small or 1/2 cup
Fresh red chili pepper, finely chopped (20 g each)	1 or according to spice tolerance
Vegetable oil	2 tablespoons or 30 mL

Marinade:

Ginger slices	3
Garlic cloves, sliced	2
Shallot, sliced	1 small or 1/2 cup
White pepper	1/4 teaspoon or 1 mL

Seasoning:

Water	1/2 cup or 125 mL
Sugar (optional)	1 teaspoon or 5 mL
Low sodium soy sauce	2 teaspoons or 10 mL
Sesame oil	1 teaspoon or 5 mL
White pepper	1/4 teaspoon or 1 mL

Methods

- 1 Make slash cuts across fish about 1/2-inch or 1 cm apart. Sprinkle white pepper over fish. Stuff grooves of cuts with ginger, garlic, and shallot. Let marinate about 10 minutes. If using fish fillet, no need to make slash cuts. Combine marinade ingredients with frozen fish fillet and let marinate for 10 minutes.
- 2 Combine sauce ingredients in a small bowl and set aside.
- 3 Heat oil in a wok or frying pan. Pan-fry fish over low heat until golden on both sides. Add ginger, shallot, and half of both red chili pepper and green onion. Stir up seasoning mixture, add to wok, cover and let simmer 5 minutes.
- 4 Transfer fish onto a serving platter. Garnish with remaining red chili pepper and green onion. Serve hot.