



ROCKFISH STIRFRY

Recipe by Kosta the Fishmonger © worldwide 2009

1 ½ lbs	Rock fish	2 Tbsp	Rice bran or canola oil
1 Tbsp	Corn starch plus enough to coat fish	1oz.	Water
Sea salt and white pepper to taste		2-3	Cloves garlic sliced
1/3 cup	Diced onions	1/8 cup	Sliced carrots
1 cup	Snow peas	1 oz.	White wine
1/3 cup	Chicken stock	1 Tsp	Soy sauce
1 Tsp	Sesame oil	Sliced green onions for garnish	

- 1) Cut the rock fish fillets 1 ½ inch square and season with salt and pepper.
- 2) Pre- heat the wok on medium high then add the oil when wok is hot.
- 3) Coat fish with corn starch and fry till golden brown on all sides.
- 4) Place the fish aside. In the remaining oil fry the garlic, onions, carrots and snow peas for a minute, then add the wine. Cover and let the veggies steam fry.
- 5) When the veggies are ready remove and place with fish.
- 6) Pour the chicken stock in the wok then add the soy sauce and bring to boil.
- 7) In a small container mix the 1oz of water with 1 tbsp. of corn starch.
- 8) Add this mixture into the chicken stock and stir until it thickens. Then add the fish and veggies and stir thoroughly.
- 9) Place on a plate and garnish with sliced green onions.

Note: You can use chili peppers or any veggies of your choice for this recipe.