

Steamed Rockfish With Ginger And Green Onion

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-rockfish-recipe>

Ingredients:

- 3 pounds rockfish whole with scales, gills and intestines removed
- 1 1/2 teaspoons salt
- 1/2 teaspoon white pepper
- 1/2 teaspoon sugar
- 4 chinese black mushrooms soaked in warm water for 20 minutes
- 1 1/2 teaspoons garlic minced
- 3 tablespoons ginger finely minced
- 1 tablespoon cooking wine Shao Shing rice
- 2 tablespoons soy sauce thin
- 1 tablespoon sesame oil
- 1 tablespoon cooking oil
- 2 green onions finely shredded
- cilantro to garnish, optional

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 185 milligrams
4. Fat: 24 grams
5. Fiber: 1 grams
6. Protein: 80 grams
7. SaturatedFat: 4 grams
8. Sodium: 1500 milligrams
9. Sugar: 1 grams

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