

Pan Fried Fish – Chinese Whole Fish

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/porgy-fish-indian-recipe>

Ingredients:

- 2 porgies about 1 to 1½ pounds each
- 1/4 teaspoon salt
- 3 tablespoons canola oil
- 5 slices ginger 1/8-inch thick
- 1 teaspoon sugar
- 2 tablespoons hot water
- 2 tablespoons soy sauce
- ground white pepper Pinch of fresh
- 1/4 teaspoon sesame oil optional
- 2 tablespoons Shaoxing wine
- 2 scallions chopped
- 2 porgies about 1 to 1½ pounds each; 450g-650g
- 1/4 teaspoon salt
- 3 tablespoons vegetable oil
- 5 slices ginger 1/8-inch thick
- 1 teaspoon sugar
- 2 tablespoons hot water
- 2 tablespoons soy sauce
- ground white pepper Pinch fresh
- 1/4 teaspoon sesame oil optional
- 2 tablespoons Shaoxing wine
- 2 scallions chopped

Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 6 grams
3. Fat: 14 grams

4. Fiber: 1 grams
 5. Protein: 1 grams
 6. SaturatedFat: 1 grams
 7. Sodium: 800 milligrams
 8. Sugar: 2 grams
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