

## Tofu Fish (*tofu yu*)

<http://userealbutter.com/2008/09/07/chinese-tofu-fish-recipe/>

2 lb. whole fish (cleaned/gutted) or 1.5 lb mid section of a fish (prefer striped bass)

1 tsp salt

1 stalk green onion, sliced

1 tbsp ginger, sliced

1/4 cup Chinese cooking sherry

2 lb. fresh firm tofu or firm packaged tofu, sliced 1/2 inch thick

1 tsp salt

4 oz. ground pork

1 tsp soy sauce

1/2 tsp Chinese cooking sherry

1 tsp cornstarch

1 tsp water or chicken broth

3 tbsps vegetable oil

1/2 cup green onion, minced

1/4 cup garlic, minced

1/4 cup ginger, minced

3 tbsps Chinese black bean chili sauce

3 tbsps Chinese chili garlic sauce

3 tbsps Chinese chili sauce

1/2 cup tree ears, julienned

1/2 cup preserved mustard green, rinsed and julienned

1 tbsp fermented sweet rice (*jo nian*) OR 1 tsp sugar

28 oz. chicken broth

2 tbsps cornstarch (mixed with 2 tbsp water)

cilantro or green onions, chopped (for garnish)

If using fresh tofu: bring a large pot of water and 1 tsp of salt to a boil. Add the tofu and let cook for 2 minutes, then drain water off and set aside.

Make vertical cuts along the length of the fish on both sides. Mix sherry with salt, green onion slices, and ginger slices. Rub mixture over the fish and let sit for 10 minutes.

Mix the ground pork, soy sauce, cooking sherry, cornstarch, and water (or chicken broth) together in a small bowl. Set aside.

Heat vegetable oil in a large frying pan. When the oil is hot, add ginger, green onions, and garlic. Sauté until fragrant. Add pork and stir-fry until half cooked. Add all hot sauces and cook until pork is done. Then add tree ears and mustard green. Cook for a few minutes then add chicken broth and fermented sweet rice (or sugar). Bring to boil, then place fish in the pan. Cook on high for 4 minutes then reduce to medium heat for 6

minutes. Turn fish over. Add tofu and simmer for 6 minutes. Remove fish and place on a platter. Add cornstarch mixture to sauce. Cook until thickened, then remove from heat and pour over fish. Garnish with cilantro or green onions.