



Fish Porridge

生鱼粥

Serving: 2

Ingredients:

1 piece	300 gm	“Sheng-Yu Pian”
1 cup	250 gm	Rice
6 cups	1500 gm	Water
2 tbsp	30 gm	Seafood Stock
1 piece	5 gm	Ginger
2 pieces		Pandan leaves, wash & tie into knot
Salt & Pepper to taste		

Garnishing:

Ginger, cut into thin strips
Spring onions & Chinese parsley, chopped into small pieces
Fried shallot crisps
A dash of sesame oil

Methods:

1. De-boned the “Sheng-Yu Pian” and cut the fish meat into thin slices.
2. Boil the water together with the fish bones for about 30 minutes.
3. Remove the bone. Add in rice, ginger, pandan leaves, **Seafood Stock** and let it boil for another 1 hour or till the porridge formed.
4. Season with some salt and pepper according to taste.
5. Put the “Sheng-Yu Pian” in a bowl.
6. Scoop the hot boiling porridge over the bowl and stir well. Make sure the fillets are thoroughly cooked.
7. Garnish with some ginger, spring onions, Chinese parsley, sesame oil and fried shallot crisps.

Recommended stock: Seafood Stock / Seafood Stock – PREMIUM QUALITY

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