



STEAMED CATFISH FILET WITH BLACK BEAN SAUCE, CHINESE BROCCOLI, AND RICE

BY Chef Kathy Fang | PREP TIME: 5 minutes | COOKING TIME: 45 minutes
SERVES: 1, but this dish scales up beautifully for all your friends and family

YOU'LL NEED:

Steamer and shallow, stainless-steel bowl
or plate that fits inside the steamer

Saucepan

Rice cooker – rice can also be made
on the stovetop

TIPS:

Cut down on cooking time by slicing the
catfish filet into slices before steaming.

Infuse even more flavor by wrapping the
catfish in foil with the ginger and scallions
before steaming.

SWAPS:

If you can't find catfish,
seabass, striped bass, salmon, and scallops
are all great alternatives.

If seafood isn't your thing, medium-soft tofu
is delicious with black bean sauce too.

WINE PAIRING:

Enjoy with Wente Vineyards *n*th DEGREE Pinot Noir

Fish, Broccoli, and Rice

1 cup	cooked jasmine rice
2 pieces	catfish filet, about 4 oz total
1 Tbsp	fish sauce
1 Tbsp	mirin
4 slices	ginger
2 stalks	scallion, quartered
1 Tbsp	sesame oil
½ tsp	salt
½ tsp	sugar
3 stalks	Chinese broccoli

Black Bean Sauce

1 Tbsp	avocado oil
1 Tbsp	minced garlic
1 tsp	minced ginger
1 Tbsp	Chinese fermented dried black beans, rough chop
1 Tbsp	soy sauce
1 tsp	dashi powder
3 Tbsp	sugar
1 tsp	chili flakes
1 tsp	sambal, optional
⅔ cup	water
½ cup	finely diced red bell peppers

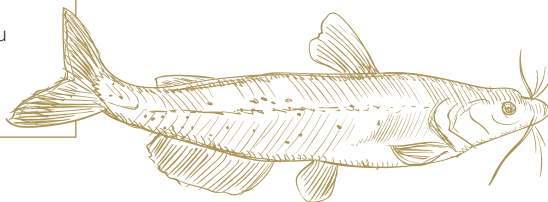
Slurry to thicken sauce, equal
parts cornstarch to water

Chili oil for finishing, optional

Preparation

Reminder: Get the rice cooking in a rice
cooker before you start the catfish, broccoli,
and black bean sauce.

- 1 In a shallow, stainless-steel bowl or plate
that fits inside your steamer, season catfish
filet with fish sauce and mirin for 5 minutes.
- 2 Top catfish with ginger and scallion.
- 3 Bring steamer to a rolling boil and place fish in
bowl on top of steamer and close lid. Steam
for 6-8 minutes or until cooked through.
- 4 While the catfish is steaming, bring a pot
of water to boil. Season with sesame oil,
salt, and sugar.
- 5 Cut Chinese broccoli in half, separating the
stems from the leaves. If stems are thick, slice
them in half vertically. Cook stems first for
2 minutes, then add leaves and cook for 30
seconds. Remove from water and set aside.
- 6 To make the sauce, heat a saucepan to
high heat with oil. Add garlic, ginger, and
black beans, and sauté for 30 seconds to
release flavors.
- 7 Add the rest of the ingredients to the pan,
including the diced peppers, and simmer
on medium heat for 1 minute.
- 8 Stir in slurry, a little at a time, to thicken
as desired.
- 9 Spoon rice on a plate. Top with catfish
filet, drizzle fish with sauce, and top with
Chinese broccoli.
- 10 Drizzle with chili oil, if you want to add a
little more heat.



Chef Kathy Fang, star of "Chef Dynasty: House of Fang," grew up in her family's famed restaurant, House of Nanking, is co-founder of her own restaurant, Fang, and is a frequent competitor on Food Network shows, including two "Chopped" victories.

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