

名厨霍铭田

霍铭田师傅在10岁时就离开中国大陆，离乡背井到香港的亲戚家工作，几个月甚至一两年才回家一次。每次回家时，妈妈都会为他煮家乡菜“瓢鲮鱼”给他吃，常让他怀念和回味！

霍师傅说，他从小就爱吃鲮鱼。只是鲮鱼多骨，妈妈常担心他会被鱼骨哽到，于是每次都是先取出鱼肉，加入一些配料，再把馅料瓢回鲮鱼，煎香后再焖煮，十分咸香入味。

妈妈每回在准备和烹调“瓢鲮鱼”时都很用心，让霍师傅回味的不只是妈妈亲手烹调的家乡味，妈妈瓢鱼馅的功夫，也是很令他佩服的。切出鱼肉、加料、瓢回鱼身，先煎后煮，呈上餐桌上的，还是完完整整的一条鲮鱼，完全看不出是经过“解剖”的手工业。

思念总是在分离后，霍师傅每回亲手烹调这道菜时，心中就会萌起对妈妈绵绵不尽的思念。



家乡瓢鲮鱼

3-4人份

用料A

鲮鱼1条约500克(洗净)、冬粉50克、盐1/2小匙、马铃薯粉80克、清油适量、姜茸2克、马铃薯粉20克(加入少许AOX水混匀勾芡用)、花雕酒1大匙

用料B

炸香的核桃20克(切丁)、香菇2朵(泡软切丁)、腊味80克(切丁)、芫荽10克(切细)、青葱少许(切细)

调味料

盐1/2小匙、糖1/2小匙、酱青1/2大匙、蚝油1/2大匙、胡椒粉少许、AOX水500毫升

做法

1. 持刀轻划鱼肚，用手指压下鱼肉以让肉和皮分开。保留鱼肉丢弃鱼骨(保留完整鱼皮)，剁碎鱼肉后搅拌成鱼胶待用。
2. 把冬粉放入滚水氽烫1分钟后浸入冷水，待冷却后，捞出沥干待用。
3. 把所有用料B加入鱼胶拌匀，加入1/2小匙盐和50克马铃薯粉再拌匀，搅打成胶状后，才加入冬粉混匀。
4. 把30克马铃薯粉均匀地涂抹在两片鱼皮的内侧。填入鱼胶馅，铺成鱼的形状。
5. 烧热清油，先煎鱼肚，再两侧煎至香熟，取出待用。
6. 烧热清油，炒香姜茸。加入所有调味料煮匀，放入煎好的瓢鲮鱼再焖煮20分钟。取出瓢鲮鱼盛盘。
7. 把剩余的酱汁加入马铃薯粉水勾芡。趁热把酱汁和花雕酒淋在瓢鲮鱼上即可。

Home-made Stuffed Mud Carp

serves 3-4

Ingredients A

1 mud carp fish (about 500g, rinsed), 50g glass noodles (tung hoon), 1/2 tsp salt, 80g potato starch, some oil, 2g minced ginger, 20g potato starch (mix with some AOX water for thickening), 1 tbsp Chinese cooking wine (hua diao jiu)

Ingredients B

20g fried walnuts (diced), 2 dried Chinese mushrooms (soak and dice), 80g Chinese cured meat (diced), 10g coriander (chopped), some spring onion (chopped)

Seasoning

1/2 tsp salt, 1 1/2 tsp sugar, 1/2 tbsp light soy sauce, 1/2 tbsp oyster sauce, some pepper, 500ml AOX water

Method

1. Slit fish belly. Press on the meat to separate meat and skin. Retain meat and discard bone (keep the entire skin intact). Chop up the meat and blend into paste. Set aside.
2. Blanch glass noodles for 1 min. Plunge in cold water until cool. Drain and set aside.
3. Combine Ingredients B with fish meat. Add 1/2 tsp salt and 50g potato starch. Toss well. Blend into paste and add glass noodles. Mix well.
4. Rub 30g potato starch on the inner side of the fish skin. Stuff in fish paste and form a fish shape.
5. Heat up some oil. Pan-fry fish belly followed by both sides until cooked. Remove and set aside.
6. Heat up some oil. Sauté ginger. Add Seasoning and stir. Add stuffed fish and simmer for 20 mins. Remove and arrange on plate.
7. Thicken sauce in pan with potato starch mixture. Drizzle sauce and Chinese cooking wine on stuffed fish while hot and serve.

