



Posted on 17 September 2012

by Almae Vivero

Steamed Shaari Fish

Ingredients

4-5 Medium Shaari fish
3 Onion bulbs
3 Tomatoes
3 pieces ginger
4-5 heaped tsp. mayonnaise
4 pieces red chili
Black pepper
Salt
Butter

Preparation

- 1 Wash and clean the fish thoroughly (removing the gills, intestines, tail and fins). Preferably rinse with salt and drain
- 2 In a separate bowl, mix the following: minced onions, tomatoes, ginger, salt, black pepper and mayonnaise. Simply blend to taste
- 3 Proportionally stuff the mixed spices inside the fish
- 4 Cut an aluminum foil according to fish size for wrap
- 5 Spread butter on foil before wrapping fish
- 6 Wrap carefully then steam fish for 30minute
- 7 On a separate foil, spread butter, then put diced carrots, broccoli, corn kernel & mushroom and steam for 3-5 minutes
- 8 Lay fish in a big oval plate to garnish with steamed vegetables
- 9 Serve hot and spicy.
- 10 Thanks to Choose Wisely for this recipe

Cooks Note
