

# Steamed Snapper, Black Bean, Mushrooms, Tamari Dressing

By Michael Meredith

**30 minutes**

Preparation Time

**25 minutes**

Cooking Time

**4 serves**

Serves



## INGREDIENTS

4 x 120g snapper fillets  
100g black bean paste  
100g chives, finely  
chopped

**Mushrooms**  
50ml grapeseed oil  
80g shitake mushrooms,  
sliced  
80g wood ear mushrooms,  
trimmed  
100ml chicken stock  
80g honeycomb  
mushrooms, trimmed  
40g mung bean sprouts  
200ml tamari dressing  
60g baby oyster  
mushrooms

**Tamari dressing**  
60ml rice vinegar  
¼ cup rice syrup  
2 tablespoons tamari  
125ml grapeseed oil  
1 tablespoon water  
1 teaspoon fresh ginger,  
finely grated  
1 orange, juiced

**Black bean paste**  
2 tablespoons minced  
ginger  
2 tablespoons Shaoxing  
wine  
1 teaspoon caster sugar  
1 teaspoon tamari  
3 tablespoons fermented  
Chinese black  
beans, soaked in water and  
mashed  
5 cloves fermented black  
garlic, finely  
chopped  
2 tablespoons peanut oil  
Truffle oil to taste

## METHOD

### Bean paste

1. Heat oil in a saucepan on medium heat, Induction setting 7.
2. Add ginger and cook until fragrant and soft then add the wine, sugar and tamari
3. Cook for a minute, then add the black beans and black garlic.
4. Stir into a paste consistency and add truffle oil to slightly flavour the paste. The consistency should be easy to spread.

### **Tamari dressing**

1. Combine all ingredients to make a dressing.

### **Mushrooms**

1. In a frying pan, heat grapeseed oil on medium heat, Induction setting 7.
2. Add shitake mushrooms and cook for 2 minutes followed by the woodear mushrooms.
3. Pour over chicken stock and reduce quickly, add honeycomb mushroom and mung beans and stir well to combine.
4. Deglaze the frying pan with the tamari dressing and check the seasoning.
5. Place the mushroom mixture into a bowl and mix through the raw oyster mushrooms.

### **Snapper**

1. Spread the bean paste over the fish and cover with chopped chives.
2. Place the fish in a perforated steam tray and Steam at 90°C for 4-5 minutes.

### **To serve**

1. Portion the mushrooms into 4 bowls and place steamed fish on top.
2. Finish with the tamari dressing drizzled around the plate and serve.

### **Notes**

1. The bean paste can be made ahead of time and frozen.
2. The tamari dressing can be kept for 1 week in an airtight container.

