



SESAME SIZZLED BUTTERFISH

| BY TRACY ELLEN BEARD
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Fairmont Orchid's Executive Chef, Isabel Chung, shares one of her favorite dishes from her childhood. "I was raised in a fairly traditional Chinese home," she says. "We used all different types of fish, but black cod was always my favorite. Having lived in the Pacific Northwest for the last fourteen years, I was happy to discover that 'sablefish = black cod.' Then I discovered another happy accident when I moved to Hawaii and learned that 'butterfish = sablefish.' You can modify this dish to use more or less ginger or add thinly sliced chili peppers to give it more bite. In the spring, I make it with halibut to welcome back another one of my favorite fish. It's simple but timeless, and it always makes me feel a sense of nostalgia. It takes me back to my childhood when my parents would make it for us for dinner, and I wasn't allowed to stand too close when they 'sizzled' it with the hot oil as it was dangerous. It was certainly a simpler time."

INGREDIENTS

4 portions of butterfish fillet (black cod, sablefish)
 4 tbsp. fresh ginger, finely grated
 4 scallions, cut thinly on the bias
 ¼ bunch of cilantro, sliced
 12 shiitake mushrooms, freshly sliced
 6 tbsp. sesame oil
 6 tbsp. soy sauce
 Salt and white pepper
 4 baby bok choy, cut in half or quarters, sauté with garlic
 2 cloves garlic, smash well
 2 cups rice, steamed

METHOD

- Pat dry the portions of butterfish.
- Season lightly with salt and pepper. We predominantly use white pepper in Chinese cuisine.
- Cover the fish with the finely grated ginger. It will look like too much, but it's not!
- Top with sliced shiitake mushrooms.
- Steam this dish for about 8 minutes in a shallow dish.
- While the fish is steaming, heat the sesame oil—it should just start to smoke.
- Remove from steam, and top with chopped cilantro and scallions.
- Drizzle with soy sauce and sizzle with the smoking hot sesame oil.
- The greens will wilt, and the toasted sesame aroma is terrific.
- Serve with steamed rice and garlic-fried baby bok choy.