

Baked Pompano

Savannah · 30/09/2024



Prep Time

1 hr 5 mins

Difficult

Medium

Servings

4

Description

This pompano recipe makes a delicious falloffthebone fish

Ingredients

- - 1 cup soy sauce - ½ cup rice cooking wine - 5 tablespoons olive oil
- divided - 2 teaspoons hoisin sauce - 2 teaspoons fish sauce - 2 teaspoons oyster sauce - 1 lime
- halved - 1 shallot
- diced - 1 (2 inch) piece peeled fresh ginger
- diced - 1 (1 1/2) pound whole pompano fish
- gutted and cleaned - 1 teaspoon dried dill
- or to taste - salt and ground black pepper to taste - 2 cups napa cabbage leaves
- or as needed

Instructions

1. Whisk soy sauce
2. rice wine
3. 1 tablespoon olive oil
4. hoisin sauce
5. fish sauce
6. oyster sauce
7. and juice of 1/2 the lime together in a bowl. Heat 3 tablespoons olive oil in a skillet over medium heat. Cook and stir shallot and ginger until starting to brown
8. about 2 minutes. Pour in soy sauce mixture; simmer until slightly thickened
9. 5 to 10 minutes. Score both sides of the pompano in a crosshatch pattern. Pat dry with a paper towel. Season both sides and inside of the pompano with dill
10. salt
11. and pepper. Slice remaining 1/2 of the lime and arrange slices inside. Drizzle remaining 1 tablespoon olive oil over pompano; rub over both sides. Layer cabbage leaves in the bottom of a large baking dish; place pompano on top. Pour soy sauce mixture over pompano. Cover baking dish with aluminum foil. Let marinate as the oven preheats. Preheat the oven to 400 degrees F (200 degrees C). Bake pompano in the preheated oven until fragrant
12. about 20 minutes. Remove aluminum foil; continue baking until pompano flakes easily with a fork
13. about 10 minutes more. Peel back skin and lift pompano flesh off the bones using a fork. Transfer to a serving plate.