

Baked Mackerel Chinese Style

Serves 2

- 2 x 350g (12oz) whole mackerel or mullet, cleaned and heads removed
- 1 x 10ml spoon (1 dessertspoon) olive oil
- 4 spring onions, chopped
- 3cm (1, 1/4") root ginger, peeled and finely chopped
- 1 x 225g (8oz) can bamboo shoots, drained
- 1 x 15ml spoon (1 tablespoon) soy sauce
- 30ml (2 tablespoons) sherry
- 70ml (1/8 pint) fish stock
- pinch of Chinese fine spice powder

Preheat oven to 190°C / 375°F, Gas Mark 5

1. Heat the oil in the pan. Cook the spring onions and ginger for 1-2 minutes.
2. Stir in the remaining ingredients except the fish.
3. Pour sauce into ovenproof dish and arrange fish on top.
4. Cover and bake for 25 minutes.
5. Serve with Chinese noodles and stir-fried vegetables.

