

家常熏鱼 Homemade Smoked Fish

原料 Ingredients:

- 鱼片 Fish Fillets (Black Sea Bass is preferred, flounder, tilapia, and salmon may also be used)
 - 洋葱 onion
 - 葱 spring onion
 - 姜 ginger
 - 糖 sugar
 - 醋 vinegar
 - 酱油 soy sauce
 - 番茄酱 ketchup
 - 辣椒油 red oil
 - 料酒 Chinese Cooking wine
 - 鸡精 chicken essence
 - 盐 salt
 - 麻油 sesame oil
- 中国“五香”：Chinese Five Spices:**
- 八角 Star Anise;
 - 桂皮 Chinese Cinnamon sticks/bark
 - 草果 cardamom
 - 小红椒 Sichuan Chili Peppers
 - 丁香 cloves

1.向锅 1 中倒入大半锅油，把油烧热，炸鱼的时候鱼才不会粘在锅上，锅 2 可以熬酱，用两个锅的话可能会快速一点。

To the first pot, add a lot of oil, make sure it heats thoroughly to a high heat, when frying the fish, the quantity and high heat of the oil will keep the fish from sticking to the bottom.

2.将洋葱、姜切片、葱切段。

Cut the onion, green onion, and ginger into slices.

3.另起油锅 2，放入葱段、姜片、洋葱片。

In the second sauce pan, add onions, ginger, and green onion to oil and fry.

4.用刀将桂皮压成片，草果压成碎块，将八角、桂皮、小红椒、草果一起倒入锅 2 不停地翻炒。

Use a knife to crush the cinnamon and cardamom. Add the Chinese Five Spices to the second sauce pan.

5.待香味出来后，向锅 2 倒入水，可以多倒一点水，两大碗左右，锅 2 的香料煮 20 分钟以上。

After the fragrance comes out, add about two bowls of water to the second sauce pan to simmer the spices. The spices should be boiled for a minimum of 20 minutes to 30 minutes if preferably.

6. 切鱼片，将洋葱、姜切片、葱切段。

Cut the fish fillets, along with onion, ginger, and spring onion.

7.将洋葱、葱片、姜片、鱼片放入盆中加入少量盐、料酒稍稍搅拌，放在一边进行腌制，若时间允许，可以提前腌制两个小时。

Marinate the fish with the onion, ginger, and spring onion in a bowl by adding a pinch of salt, and some Chinese cooking wine. If you can, try to marinate the fish this way for at least 2 hours before cooking.

8.锅 1 油温够高时，放入鱼片炸。用筷子夹着一片片地放入，一次不要炸太多，可分两次炸，在家里做的时候火没有餐馆大，所以炸的时间要长一点。

After marinating the fish and when the oil is hot enough, fry the fish. Since you will be cooking at home, do not add too many pieces to the pot at a time, or the temperature of the oil will drop quickly and it will take longer time to cook. Add the pieces one at a time so they do not stick together. Depending on the size of the pot and the intensity of the burner, you will need to cook it longer if you have a smaller pot or less intense burner.

9.鱼表面炸至金黄，即可取出。

When the fish has fried to a golden brown, you can take the pieces out.

10.将另一半鱼放入锅 1 中炸。

Fry the remaining fish pieces.

11.将洋葱、姜切片、葱切段。

Cut onion and ginger into slices and spring onion into thick pieces.

12.另起锅 3，从锅 1 中倒入少许油，倒入洋葱、姜、葱、番茄酱进行翻炒。番茄酱有点酸，所以不能放太多，再倒入糖。根据个人口味决定放入糖量的多少，翻炒至粘稠状后倒入锅 2。

In a second sauce pan, add some of the hot oil from the first pan, and then fry the onion, ginger, and spring onion pieces along with ketchup. Add sugar since the ketchup is acidic. According to your own taste, you can add more or less sugar. After thoroughly mixed, add the sauce in the third sauce pan into the second sauce pan with the Chinese Five Spices.

13.在锅中 2 中倒入酱油、少许盐、少许鸡精。

Add soy sauce, a little bit of salt, and chicken essence to the second sauce mixture.

14.锅 1 中的鱼表面金黄，已经炸好，取出装入碗中。

When the remaining fish pieces have fried to a golden brown, remove them and set aside with the other fish pieces.

15.尝一下锅 2 中调味的味道，根据味道决定是不是加点糖或者盐。

Taste test the sauce in the second sauce pan, according to your taste, add more sugar or salt.

16.将炸好的鱼倒入锅 2 的调料中，加一点红油，烧至锅内水分差不多烧干。如果锅中的汁太多，可以用勺子舀出一些汁。

Add the fried fish to the second sauce pan, let the mixture simmer until the sauce thickens. Add a little red oil. Since this sauce is syrupy, it will thicken by cooking off the water over time, not by adding cornstarch as previous recipes required. If you want to speed the thickening process up, you may use a ladle to pour out some of the sauce.

17.倒入少量醋、根据个人口味确定加多少醋。

Add some vinegar to the sauce, and taste. If you would like a more sour taste, you may add more vinegar.

18.根据个人口味决定是否再添加糖。

According to your taste, you may add more sugar.

19.加麻油，若提早加会挥发，味道出不来。

Add sesame oil to the sauce last, otherwise it will lose its fragrant properties if heated too long.