

SOLE IN SAKE KASU WITH MUSHROOMS

Recipe by Stephen Wong ©worldwide 2009



2 Tbsp	sake kasu, mixed well with sake	1/4 cup	sake
1 lb.	BC sole fillets, cut into 1 1/2-inch bite-sized pieces	1	egg white
1 Tbsp	cornstarch	2 tsp	canola oil
2 to 3 slices	prosciutto or Chinese ham, minced	1/2 tsp	minced garlic
8	fresh shiitake mushrooms, thinly sliced	1 tsp	minced ginger
2 tsp	butter, optional	1/4 cup	chicken stock
2 tsp	cornstarch, mixed with 1 Tbsp water, for thickening sauce		
1	green onion, thinly sliced		
	salt and pepper to taste		

1. Mix together sake kasu and sake and set aside.
2. Season sole fillets with salt and pepper, combine with egg white and cornstarch and set aside for 10 minutes.
3. Heat oil in wok over medium heat, add ham, garlic and ginger and stir briefly until fragrant.
4. Add mushrooms and butter and sauté for about 1 minute until soft. Set aside mixture.
5. Return wok to heat, add sake kasu mixture and stock and bring to boil for about 1 minute. Add mushroom mixture and stir. Add cornstarch mixture and stir until sauce is lightly thickened.
6. Add fish and fold gently until evenly cooked about 1 minute. Garnish with green onions and serve.