



## Five Spice Ling

This five spice marinade, aromatic with star anise, cloves, cinnamon, fennel and Sichuan pepper, is perfect with almost any seafood or poultry. Chef Mark Jensen (who taught it to me) uses it with quail; I love it with firm-fleshed ling but prawns, squid or even small whole fish such as leatherjacket trunks work well too.

**Serves 2**



### INGREDIENTS

- 1 x 300g centre-cut piece ling fillet, skin off, pin-boned (10½oz)
- ¼ bunch watercress, picked (about 1 cup)
- 1 small Lebanese cucumber, sliced
- 1 small red onion, cut into slivers
- Vegetable oil, for deep-frying
- 1 tablespoon (20ml) Sweet Fish Sauce ([see website](#))
- Steamed jasmine rice, for serving
- Pickled ground chilli, for serving
- Salt, Pepper & Lemon Dipping Sauce, for serving ([see website](#))

### Five Spice Marinade

- 2 teaspoons soy sauce (10ml)
- 1 teaspoon dark soy sauce (5ml)
- 1 teaspoon rice vinegar (5ml)
- 1 teaspoon castor sugar
- ½ teaspoon Chinese five-spice
- ½ teaspoon salt flakes
- ¼ teaspoon ground ginger
- ¼ cup water (60ml)

### METHOD

1. Make Five-Spice Marinade: Place all ingredients in a dish large enough to hold the fish and mix to combine well.
2. Trim fish, discarding any very thin sections and cut into large bite-sized pieces.
3. Add fish to the Marinade, toss to coat well, press down to submerge as much as possible, cover and set aside for an hour or so.
4. Meanwhile, combine watercress, cucumber and onion and arrange on a serving plate. Set aside.
5. Heat oil in a wok or large saucepan to about 170°C (340°F); it's hot enough when bubbles gradually appear around the handle of a wooden spoon that's placed into it.
6. Remove fish from Marinade and pat dry; discard Marinade.
7. Working in 2 batches, deep-fry for 1–1½ minutes, until well-coloured and just cooked through, stirring regularly. Drain on a paper towel-lined rack.
8. Arrange fish on a serving plate; garnish with a little watercress if you like.
9. Drizzle Sweet Fish Sauce over the watercress salad.
10. Serve fish with salad, rice, chilli and Salt, Pepper & Lemon Dipping Sauce on the side.