



Smoked Eel San Choy Bau

Use this recipe as inspiration for all sorts of san choy bau, wok-tossed chopped prawns or squid make great variations as does chicken, quail or pork. To get neat lettuce cups: remove outer lettuce leaves and reserve for another dish, cut out and discard the lettuce stem then hold lettuce under cold running water to loosen leaves and gently remove 4 intact leaves from towards the centre that are large enough to serve as cups for the filling.

Serves 4 as a starter



INGREDIENTS

- 600g whole smoked eel (or 250g skinned fillet)
- 8 iceberg lettuce leaves
- ⅓ cup vegetable oil
- 6 green onions, finely sliced on the diagonal
- 2 cloves garlic, crushed
- 2 tablespoons finely grated ginger
- 5 shiitake, finely chopped
- 2 bamboo shoot tips, diced

Sauce

- ¼ cup Shaoxing cooking wine
- ¼ cup oyster sauce
- 2 teaspoons soy sauce
- 1 teaspoon castor sugar
- 1 teaspoon cornflour
- Pinch freshly ground white pepper

METHOD

1. Remove skin and pick eel meat off the bone, discarding the silver membrane beneath the skin. With your fingers, shred meat into bite-sized pieces and set aside in a mixing bowl.
2. Trim lettuce leaves into neat 'cups' and put into iced water to crisp up.
3. Drain well, cover and refrigerate until needed.
4. Make Sauce: combine all ingredients.
5. Combine green onion, garlic, ginger, shiitake and bamboo shoot. Set this vegetable mixture aside.
6. Heat a wok over high heat until very hot.
7. Add oil then vegetable mixture and stir-fry for 30-60 seconds, until aromatic.
8. Add Sauce and stir-fry for 30-60 seconds, until reduced slightly.
9. Tip into the bowl with the eel and toss gently to combine.
10. Spoon into lettuce cups, wrap and eat.