

Paddlefish Recipes from China

1. Sliced Paddlefish with Lemon

Main Ingredients:

600 grams (1.32 lb) Paddlefish

Spices:

30 grams (1 oz) red pickled pepper

30 grams (1 oz) yellow pickled pepper

5 slices of lemon

Seasonings:

2 grams (1/3 tsp) salt

2 grams (1/2 tsp) monosodium glutamate

2 grams (1/2 tsp) sugar

2 grams (1/2 tsp) white rice vinegar

40 grams (1/2 cup) salad oil

Directions:

1. Preserve sliced paddlefish with salt, monosodium glutamate and cornstarch for 2 minutes.
2. Put salad oil into pan and heat, then put in sliced paddlefish, red pickled pepper and yellow pickled pepper, and fry for 2 minutes
3. Pour seasoned soup into the pan and boil, then skim off the bubbles.
4. Add spices and sliced lemon then boil for 2 minutes.

Characteristics : Red, clear soup with lemon-flavor tender meat

2. Fried Sliced Paddlefish

Main Ingredients:

600 grams (1.32 lb) Paddlefish

Spices:

100 grams (2/3 cup) breadcrumbs

5 grams (1/6 oz) green pepper

5 grams (1/6 oz) red pepper

5grams (1/6 oz) green Chinese onion

Seasonings:

3 grams (1/2 tsp) salt

3 grams (3/4 tsp) monosodium glutamate

3 grams (1/2 tsp) barbecue seasoning

1 yolk

1000 grams (2 cups) salad oil

Directions:

1. Preserve sliced paddlefish with salt, monosodium glutamate, spice powder and yolk for 2 minutes.
2. Dress the salted sliced paddlefish with breadcrumbs
3. Put salad oil into pan, heat to 130~140 °C, then put sliced paddlefish into the pan and fry to golden color
4. Serve fried fish in the plate dressing with green pepper, red pepper and green Chinese onion

Characteristics : crispy, tender meat similar to KFC chicken

3. Steamed Paddlefish with Chopped Pepper

Main Ingredients:

1000 grams (2.2 lb) Paddlefish

Spices:

250 grams (0.55 lb) home-cooked pepper

5 grams (1/6 oz) ginger

2 grams (1/2 tsp) garlic

1 grams (1/14 oz) green onion

Seasonings:

1 gram (1 pinch) salt

2 grams (1/2 tsp) monosodium glutamate

2 grams (1/14 oz) chicken bouillon

2 grams (1/2 tsp) mixed spices

3 grams (1/2 tsp) oyster sauce

1gram (1 pinch) sugar

3 grams (1/2 tsp) Douchi oil

30 grams (2 tbsp) pork oil

Directions:

1. Preserve sliced fish in bowl with seasoning for 1 minute, then put in dish and dress with chopped pepper.
2. Put the dish on the steamer and heat for 6 minutes.
3. Sprinkle with chopped onions and add heated pork oil on top.

Characteristics : Fresh and fragrant fish with good color

4. Diced Paddlefish with Three Color

Main Ingredients:

1000 grams (2.2 lb) Paddlefish

Spices:

30 grams (1 oz) ginkgo

20 grams (2/3 oz) carrot

20 grams (2/3 oz) celery stalk

2 grams (1/14 oz) ginger

1 egg white

Seasoning:

1 gram (1 pinch) salt

1 gram (1/4 tsp) monosodium glutamate

1 gram (1/4 tsp) chicken soup

3 gram (1/2 tsp) starch

500 gram (1 cup) salad oil

Directions:

1. Remove the cartilage and skin of the paddlefish, and then cut them into square pieces.
2. Preserve the paddlefish with the salt, monosodium glutamate, egg white and starch for 20 minutes.
3. Pour the oil into pan and heat to 120-130°C , then put the paddlefish into the pan.
4. Put well-done fish into the dish, then boil other ingredients and remove from pan.
5. Pour 20g oil into the pan, then stir in ginger, spices, seasonings and dices of fish together.
6. Put all of these onto a plate.

Characteristics : Tender fish with rich nutrition and bright color

5. Crisp Paddlefish

Main Ingredients:

400 grams (1 lb) Paddlefish

Seasoning:

100 grams (1/3 cup) hot and spicy sauce

50 grams (1/3 cup) red and green chopped pepper

A little bit of ginger, Chinese onion, salt, pepper powder, dry ginger powder, sesame oil and salad oil

Directions:

1. Cut the fish into small pieces and soak in water, then remove and preserve clean fish with ginger, Chinese onion segments, pepper powder and salt in a bowl.
2. Blot the water off the surface of the fish with dry towel, and then add ginger powder.
3. Heat salad oil in a pan and add the fish. Fry until crispy surface.
4. Stir in chopped pepper with the fish for a few minutes and place on plate.
5. Add a small amount of oil in pan, and then add hot and spicy sauce, pieces of fish, chopped pepper and salt. At last, sprinkle some sesame oil.

Characteristics: Tender fish inside with crisp surface

6. Paddlefish with Lily Bulb

Main Ingredients:

500 grams (1.1 lb) Paddlefish
50 grams (0.11 lb) fresh lily bulb
10 grams (1/3 oz) colorful pepper
10 grams (1/3 oz) asparagus slices
10 grams (1/3 oz) almond

Spices:

20 grams (4 tsp) Brandy
10 grams (2 tsp) Zhuhou sauce
10 grams (2 tsp) beef soup
2 grams (1/3 tsp) salt
3 grams (3/4 tsp) sugar
5 grams (1 tsp) monosodium glutamate
1000 grams (2 cups) salad oil
A spice (30 grams (2 tbsp) vegetable soup, 5 grams (1 tsp) salt, 2 grams (1/2 tsp) oyster oil)

Directions:

1. Cut the fish into 2.5cm blocks, then place fish in water with spices for 15 minutes.
2. Fry the almond with salad oil until golden and remove, then pour the fish into cool oil in the pan. Slowly heat the fish on low heat until it is well-done.
3. Boil lily bulb, asparagus slices and colorful pepper in the water.
4. Pour salad oil in pan and heat until hot, then add lily bulb. Fry until half-done. Add the salt and put it in the plate.
5. Heat 30g salad oil in pan, then add paddlefish dices and fry.
6. Add beef soup, Zhuhou sauce, sugar, monosodium glutamate and Brandy, then decorate the fish with almond.

Characteristics: Flavorable paddlefish

7. Paddlefish with Crystal Rice Crust

Main Ingredients:

400 grams (1 lb) Paddlefish

200 grams (0.44 lb) crystal rice crust

50 grams (0.11 lb) red and green pepper segments

15 grams (1/2 oz) garlic sprout segments

A little bit of chili, cooking wine, sugar, starch and salad oil.

Directions:

1. Add salt, rice wine and starch to the paddlefish in a bowl and put it aside for later use.
2. Fry the rice crust until it bubbles, then put it on a plate.
3. Pour sliced fish, pepper segments and garlic sprout segments into pan with heated oil, then stir fry all together adding salt and sugar.
4. Dress the fish with starch and get it into the plate.

8. Spicy Double-Cooked Paddlefish

Main Ingredients:

800 grams (1.76 lb) whole Paddlefish
400 grams (0.88 lb) yellow soybean sprout
50 grams (2 oz) agarics
45 grams (2 oz) celery stalk segments
100 grams (0.22 lb) potato slices

Seasoning:

5 grams (1 tsp) salt
6 grams (1/4 oz) chicken bouillon
4 grams (1 tsp) pepper powder
5 grams (1 tsp) cumin powder
5 grams (1 tsp) paprika powder
20 grams (1 tbsp) pepper sauce
2 eggs
10 grams (1/3 oz) Chinese onion dices
10 grams (1/3 oz) pepper
25 grams (5 tsp) starch
50 grams (1 cup) salad oil

Directions:

1. Cut boneless paddlefish into big slices and the head and tail into big blocks.
2. Boil yellow soybean sprout, agarics and celery for short time, then heat salad oil in pan and fry potato chips into crisp flavor and put it on yellow soybean sprout and pepper in the plate.
3. Mix chicken bouillon, pepper powder, cumin powder and paprika powder together and use the mixture to preserve the fish.
4. Whip 1 egg with half of the mixture (in step 3), 10g pepper sauce and starch. Preserve the fish slices with the other half of the mixture.
5. Heat the salad oil and fry fish head/tail until golden color, then put onto a plate.
6. Fry the fish slices until golden in color and put it on top of fish head/tail then sprinkle powder and Chinese onion dices.

Characteristics: Crisp fish outside and tender meat inside with spicy flavor and golden color

9. Simmered Paddlefish with Cordyceps Flower and Codonopsis

Main Ingredients:

600 grams (1.3 lb) Paddlefish

Spices:

1 gram (1/4 tsp) Cordyceps Flower

1 gram (1/4 tsp) codonopsis

1 gram (1/4 tsp) medlar

2 grams (1/14 oz) ginger

Seasoning:

2 grams (1/3 tsp) salt

1 gram (1/4 tsp) monosodium glutamate

1 gram (1/4 tsp) chicken bouillon

20 grams (1 ½ tsp) pork oil

Direction:

1. Boil blocked fish for a few minutes. Then heat pork oil and ginger into pan. Pour fish block and stir until the flavor comes out. Add meat soup and spices until it boils.
2. Pour the fish into earthenware cooking pot, and then simmer the fish for 15 minutes at medium heat. Add the seasonings and boil it for 1 minute before serving.

Characteristics: good flavor and thick soup with rich nutrition

10. Paddlefish with Aftertaste

Main Ingredients:

800 grams (1.76 lb) Paddlefish
50 cooked peanut pieces

Seasoning:

20 grams (2/3 oz) Chinese onion pieces

A seasoning including:

10 grams (2 tsp) mashed garlic,
5 grams (1 tsp) salt,
5 grams (1 tsp) monosodium glutamate,
6 grams (1 tsp) sugar,
20 grams (4 tsp) soy sauce,
15 grams (1 tbsp) vinegar,
20 grams (4 tsp) pepper oil,
4 grams (1 tsp) sesame seed oil, and
12 grams (1 1/4 tsp) zanthoxylum oil
10 grams (1/3 oz) ginger slice
10 grams (1/3 oz) onion segment

Direction:

1. Lay paddlefish slices out with certain shape in the plate, then add ginger slices and onion segments and steam the fish in the steamer for 15 minutes.
2. Take the fish out of the steamer, and then remove ginger slices and onion segments.
3. Sprinkle the soup made from the seasoning, then scatter cooked peanut pieces and onion pieces.

Characteristics: The dish with soft and sweet flavor to the taste with some hotness.

11. Paddlefish with Wheat Aroma

Main Ingredients:

500 grams (1.1 lb) Paddlefish

50 grams (2 oz) fresh wheat

Spices:

20 grams (2/3 oz) red and green pepper pieces

20 grams (2/3 oz) Chinese onion dices

XO sauce, Douchi sauce, salt, pepper powder, ginger powder, starch, balsam and salad oil

Directions:

1. Cut the paddlefish into 1cm slices and remove the skin of the fish, then preserve the fish with a bit of salt, starch, pepper powder and ginger powder.

2. Fry the preserved fish into golden color and lay out in the plate.

3. Soak fresh wheat in the water until it swells, then steam it and add starch and ginger powder. Fry the steamed wheat into golden color and put it in the plate.

4. Stir and fry the wheat with XO sauce and salt until aroma comes out, then put them around the paddlefish in the plate.

5. Heat balsam and fry it with Douchi sauce, pepper dices and onion dices, then cover the paddlefish with it.

12. Spicy Paddlefish

Main Ingredients:

1000 grams (2.2 lb) Paddlefish
250 grams (0.55 lb) tofu blocks

Spices:

30 grams (2 tbsp) rice wine
20 grams (4 tsp) white vinegar
50 grams (2 oz) dry pepper segments
20 grams (2/3 oz) wild pepper
30 grams (1 oz) Chinese onion
30 grams (1 oz) ginger
30 grams (1 oz) garlic dices
200 grams (0.44 lb) hotpot spices
20 grams (4 tsp) Pixian bean paste
10 grams (1/3 oz) pickled pepper
50 grams (2 oz) Ciba pepper
50 grams (1/4 cup) rice wine
20 grams (5 tsp) monosodium glutamate
10 grams (1 3/4 tsp) sugar
10 grams (2 tsp) rice wine
3 grams (1/9 oz) chicken bouillon
20 grams (2/3 oz) garlic clove
700 grams (3 1/2 qt) salad oil
300 grams (1 1/2 cups) rape seed oil
10 grams (1/3 oz) white sesame
5 grams (1/6 oz) caraway
10 grams (2 tsp) wild pepper oil

Direction:

1. Cut the paddlefish into 2.5cm- thick segments and preserve it with rice wine and white vinegar for 5 minutes, then put the paddlefish into the pan with medium heated oil and fry it until rare.
2. Heat rape seed oil and salad oil, then add dry pepper segments, wild pepper, garlic clove ,ginger, Pixian bean paste, Ciba pepper, hotpot spices and 1000g water and heat these spices until the water boil.
3. Put the fish segments and tofu blocks into boiling water with the spices, then add monosodium glutamate, sugar, rice wine, chicken bouillon, onion segments and garlic clove and boil it for 3 minutes.
4. Serve the paddlefish with spicy soup in a spirit stove and heat.
5. Pour salad oil in pan and heat it, then spray it on the paddlefish. Sprinkle wheat sesame, caraway and wild pepper oil on the dish.

Characteristic: tender fish with spicy flavor