



**NEW EPISODES
MONDAYS
AT NOON EST**

“Culinary Boot Camp: Fish” Steamed Fish

**fresh, whole trout
celery
5 lemons
3 white onions
7 green onions
thyme
garlic
salt
pepper**

Fill pot or bottom of steamer with water. Place aromatics in pot. Aromatics may include fresh herbs, green onions, lemon celery, thyme, etc.

Season fish with salt, black pepper and garlic. The fish maybe stuffed with slices of white onions, green onions, and aromatics of choice.

When fish is flaky, it's done.

Place fish in steamer, layer bottom of the strainer or steamer top with green onions. Allow fish to steam until fish flesh is flakey (15-20 minutes). When done serve immediately.

Dress up your fish! Using 1 scallion, cut into 2-inch julienne strips. In other words, cut into long thin strips then sprinkle on top of the steamed fish. This is a good technique to heighten presentation.