



Sliced Fish Thick Rice Vermicelli Soup

Overview

Difficulty: Easy

Servings: 4

Preparation Time: 60 minutes

Cooking Time: 35 minutes

Soup Base

1kg	Fish Bones of White Meat Fish - Washed and Cleaned
15g	Preserved Salted Vegetables
50g	Dried Anchovies – Washed
100g	Soy Beans – Soaked Overnight
2L	Water
30g	Dried Flat Sole Fish
2 Tablespoons	Light Soy Sauce
1 Tablespoon	Sesame Oil
1 Tablespoon	Hua Diao Wine
2	Whole Garlic Bulbs
3	Whole Shallots
3	Fresh Tomatoes - Quartered
10g	Ginger – Crushed
45g	Baby Chinese Cabbage or Chye Sim – Washed
500g	White Meat Fish (Garoupa / Mackerel) – Sliced

500g	Thick Rice Vermicelli
15g	Dried Chinese Seaweed
To Taste	White Pepper Powder
To Taste	Salt

Fish Marinade

3 Tablespoons	Light soy sauce
2 Tablespoons	Sesame Oil
A Pinch	White pepper

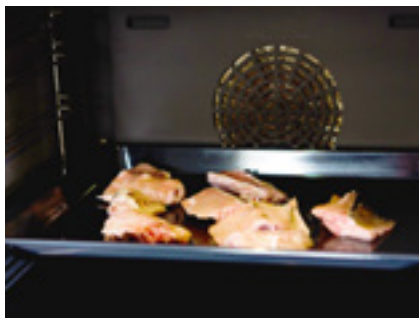
Condiments

50g	Spring Onions – Chopped
20g	Coriander Leaves
4 Tablespoons	Fried Shallots
8	Chilli Padi
To Taste	Light Soy Sauce
As Desired	Salted Soy Beans

Method

Step 1

Pre-heat oven to 220°C using the 'Fan Mode' and then roast fish bones for about 20 minutes till until they turn golden brown.



Step 2

Remove root ends off the baby Chinese cabbage.



Step 3

Season sliced fish with light soy sauce, sesame oil and pinch of pepper. Mix well and leave to marinate for 30 minutes.



Step 4

In a large pot, boil water and add salted vegetables, dried anchovies, soy beans, garlic bulbs, whole shallots, crushed ginger, and dried flat sole fish.



Step 5

When the roasted fish bones are ready, add to the pot and boil for about 1 hour.



Step 6

Strain the soup base and retain the stock. Continue boiling and add in sliced fish, tomatoes, baby Chinese cabbage, light soy sauce, sesame oil, Hua Diao wine, and dried seaweed. Season with salt and pepper to taste.



Step 7

In a separate pot, boil the thick rice vermicelli for about 2 minutes or when desired texture is reached. Once cooked, remove and add soup and ingredients.



Step 8

Garnish with chopped spring onions, and serve with sliced chilli and soy sauce, fried shallots, coriander leaves and salted soy beans on the side.

