

Honey Ginger White Fish

Serves 1



Ingredients

4-5 oz. portion white fish (e.g., cod, sable, rockfish)
Sea salt and freshly ground pepper

1 Recipe Honey Ginger Sauce

½ cup green onions (green parts only) sliced to 1/2 " (optional for nice color)
1 Tbsp. coconut oil (or canola oil)
2-4 Tbsp. chopped fresh cilantro

Instructions

Season fish very lightly with salt and pepper and let sit while preparing sauce.

Prepare sauce and reserve.

In a heavy-bottomed skillet, warm oil over medium heat until quite warm. Stir in green onions and cook and stir a minute or two, then lay fish in oil and cook 2 to 3 minutes, until fish is cooked about halfway through. Flip and reduce heat to medium-low.

Pour sauce over fish and cook another 2-3 minutes until fish flakes when a fork is inserted. Remove fish to serving plate, then raise heat to medium or medium high and reduce sauce by about half, so it is fairly thick. Pour over cooked fish and serve, topped by cilantro if desired.

NOTES

Serve With: Brown rice and steamed green beans, broccoli or asparagus

Pro Tip: About an hour before cooking, remove fish from fridge, unwrap and place between two paper towels. This removes a lot of the water in the fish (especially if previously frozen), firms it and makes it more receptive to the sauce.



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Pour sauce over fish once it is cooked halfway through and flipped.



After removing the fish, raise heat to medium or medium-high and cook and stir sauce until thick and syrupy.



Serve topped with cilantro if desired.