

# Iron Pot Fish

<https://youtu.be/Ee-fCEEjPwE>

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## Ingredients:

- carp
- tofu
- ribs
- coriander
- eggplant
- chinese cabbage
- glass noodle

## Spices:

- green onion
- ginger
- garlic
- chili pepper
- peppercorn
- star anise

## Sauces:

- Douban sauce (thick, fermented broad-bean sauce)
- soybean paste
- sweet noodle sauce
- soy sauce
- cooking
- chinese liquor

## Instructions:

1. Prepare the ingredients, blanch the ribs, and soak the glass noodles for 10 minutes
2. Heat up oil in your pan/pot. Add in your spices and stir fry for 2 minutes.
3. Add in all the sauces and stir fry for 3 minutes
4. Add in hot water until the pot/pan is full.
5. Add the carp and ribs and cook for 20-30 minutes.
6. During this time, prepare your eggplant and chinese cabbage by tearing it into large pieces.
7. Once the time is up, add in the chinese cabbage, eggplant, glass noodles, and tofu. Cook for 10 more minutes.
8. Top with coriander and enjoy with corn cake!

# 铁锅炖鱼

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## 食材:

- 鲤鱼
- 豆腐
- 排骨
- 香菜
- 茄子
- 白菜
- 粉丝

## 香料:

- 大葱
- 姜
- 蒜
- 辣椒
- 花椒
- 八角

## 酱料:

- 豆瓣酱
- 黄豆酱
- 甜面酱
- 酱油
- 料酒
- 白酒

## 步骤:

1. 处理食材，排骨焯水，粉丝泡 10 分钟
2. 锅热烧油，下香料翻炒
3. 下酱料翻炒 5 分钟
4. 加满热水
5. 下入鲤鱼，煮 20 分钟-30 分钟
6. 把茄子白菜撕成大块
7. 加入蔬菜，粉丝，豆腐
8. 10 分钟后撒上海菜出锅