

SHANGHAI TILAPIA PACKETS

F EASY

Last Modified: 12/16/2014

PREP: 35 Min
COOK: Various
GRILLED

SEAFOOD

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	6 Oz	Tilapia Fillets	

SHANGHAI FISH SAUCE

1/4	Cup	Mirin (Takara Pale Gold)	
OR			
1/4	Cup	Sweet White Wine (Rhine)	
3	Tbsp	Soy Sauce (Lee Kum Kee)	
1	Tbsp	Dark Sesame Oil (Toasted) (La Tourengelle)	
1 1/2	Tsp	Fresh Ginger (Peeled)	Grated
1/4	Tsp	Crushed Red Pepper Flakes	
10	Oz	Fresh Spinach Leaves	Minced
1	Tbsp	Peanut Oil (LouAna)	
1	Clove	Garlic	Grated

PREPARATION

FACTOID	<p>This is traditionally made using either Orange Roughy or Tilefish Fillets. I have substituted Tilapia because.....</p> <p>A: "We" don't eat Orange Roughy any more since they come from cold deep waters and grow very S L O W L Y, which translates into "over their long life they can accumulate lots of bad stuff" (Mercury, PCB's, etc.).</p> <p>B: Tilefish are tropical water fishes and usually not very readily available here.</p>
TOOLS	<ol style="list-style-type: none"> 1) Large Stainless Steel Skillet & Lid 2) Small Mixing Bowl 3) 9 x 11 Glass Baking Dish 4) Heavy-Duty Aluminum Foil 5) Gas OR Charcoal OR Electric Grill 6) 2 - Wooden Spoons
PREP	<p>DISH</p> <ol style="list-style-type: none"> 1) Grate the Garlic Clove and set it aside. 2) Peel and grate the Ginger and add it on top of the Garlic.
1	Preheat your Grill for medium direct heat cooking.
2	Place the Tilapia Fillets in a single layer in the baking dish
3	In a small mixing bowl, thoroughly combine the Mirin, Soy Sauce, Sesame Oil, Ginger and Crushed Red Pepper. Pour the mixture evenly over the Tilapia Fillets, seal with plastic wrap and refrigerate until the Spinach is done.
4	Wash the Spinach and pat it dry with paper towels. Remove and discard the Stems.
5	Heat the Peanut Oil until it shimmers in a large stainless steel skillet over medium heat. Add in the garlic and cook while stirring until fragrant, about 1 minute. Add in the Spinach Leaves and cook until wilted, about 3 minutes, while tossing with 2 wooden spoons.
6	Divide the Spinach into the center of four 12 inch squares of heavy-duty aluminum foil. Place a Tilapia Fillet over the top of the Spinach. Drizzle each with any remaining Marinade.

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7	Bring the sides of the foil up and loosely seal each packet by folding tightly.
8	Place the packets over direct heat and close the lid. Cook for 15 minutes or until the Tilapia flakes easily.
SERVE	Serve immediately while hot with Rice or Noodles on the side.