寶石魚
新派煮意

FUSION COOKING FOR
Jade Perch

漁農自然護理署
Agriculture, Fisheries and Conservation Department

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寶石魚源自澳洲昆士蘭省。漁護署於2002年引入寶石魚的幼魚，在凹頭漁業分站進行試養實驗，由2007年起成功進行本地寶石魚的人工誘產，並將飼養及孵化技術轉移給本地養魚戶。近年署方更進一步推廣有關寶石魚的養殖，深受市場歡迎。

鱼类是營養價值高的食物，特別是魚油含豐富的不飽和脂肪酸（UFAs），其中的n3多元不飽和脂肪酸（n3-PUFAs）更是人類身體需要的養份，有助預防與心臟有關的疾病。

測試不同魚類的油份含量發現，寶石魚較一般魚塘飼養的淡水魚含較高的不飽和脂肪酸，而用人工飼料飼養的寶石魚更含超過30%的不飽和脂肪酸，與三文魚相約。另外寶石魚肉質可媲美海水魚，中西式烹煮方式皆宜。
鮮魚白汁意大利飯
Fresh Jade Perch Risotto

做法...
1. 將千石魚去鳞，起肉，切成片，再以少許鹽及胡椒粉醃漬，去骨留用。
2. 撒熱油，爆香魚骨，加入上湯煮片刻，魚湯過魚骨後，保留備用。
3. 冬菇及蒜蓉洗淨切片；以油、鹽及胡椒粉大火炒後備用。
4. 燒熱少許牛油，爆香洋蔥絲，魚肉略炒，取出備用。
5. 將魚放入鍋炒勻，再將魚湯分數次加入魚中，慢火攪拌至米吸完，加入白酒略煮至七成熟，再將蔥粒、蒜蓉一起炒勻。
6. 最後放入魚肉，熄火，加入牛油拌勻即可，用餐時可加點檸檬汁伴食。

Method...
1. Prepare the fresh jade perch by scaling, gutting and cleaning the fish body. After drying the jade perch, bone it and slice into fish fillets. Rub the fillets with some salt and crushed black pepper. Keep the remaining fish bones.
2. In a saucepan, heat some cooking oil. Once heated, add the fish bones until translucent. Add the fish stock and simmer until heated. Remove the fish bones from the fish stock and keep warm.
3. Wash, de-stem and slice both the white button and fresh shiitake mushrooms. Add some cooking oil, salt, pepper and stir-fry with high heat until gently cook. Remove from heat and keep for later.
4. Heat a little of the butter. After, add the onion slices and fish fillets, stir-frying until gently cook. Remove from heat and keep for later.
5. Add the risotto rice to the pan and stir evenly. With low heat, stir in the fish stock at different intervals, letting the rice slowly absorb the stock. Once cooked to medium well, add the white wine to the rice, before adding the cream and both mushrooms. Continue stirring.
6. Finally, add the fish fillets and turn off the heat, before stirring in the rest of the butter. May be served with a dash of lemon juice for an extra touch.

材料...
寶石魚 1條  意大利米 2杯
魷魚 3-4隻  鮮冬菇 7-8隻
洋蔥(切絲)  半個  魚湯 550毫升
白酒  半杯  惡麻 100毫升
牛油  75克

Ingredients...
Fresh jade perch 1 whole fish
Risotto (Arborio) rice 2 cups
White button mushrooms 3-4 pieces
Fresh shiitake mushrooms 7-8 pieces
Onion (peeled and sliced)  Half
Fish stock 550 ml
White wine  Half cup
Cream  100 ml
Butter  75 g

醬汁...
火龍果 1個  洋蔥碎 3湯匙
雞鶏 3湯匙  魚露 少許
濃汁 1湯匙

Sauce...
Dragon fruit 1 whole fruit
Onion (finely chopped) 3 tsp
Chicken stock 3 tsp
Fish sauce  A dash
Coriander flakes 1 tsp

吉列魚柳

Fish Cutlet
with Dragon Fruit Salsa

做法...
1. 將寶石魚去骨，起肉，切成片，洗淨抹乾，去骨起肉，放入少許鹽、胡椒粉及於全身抹上薄薄的生粉。
2. 將魚肉沾滿蛋液，再沾滿麵包糠，輕輕壓實。
3. 燒熱油，放入魚柳，炸至香脆及金黃色，灑上上菜。
4. 製作沙拉醬：火龍果去皮切粒，加入洋蔥碎、雞鶏、魚露及胡椒粉拌勻。
5. 取出魚柳上碟，淋上火龍果果沙拉即可。

Method...
1. Prepare the fresh jade perch by scaling, gutting and cleaning the fish body. After drying the jade perch, bone it and slice into fish fillets. Rub the fillets with some salt and pepper. Thinly coat with cornstarch.
2. Fully coat the fish fillets with the beaten egg mixture, then finely coat with bread crumbs. Lightly pack the crumbs onto the fillets.
3. Heat a pan with some cooking oil, and fry until crispy and golden. Drain the oil and place on dish.
4. For the salsa sauce, peel and dice the dragon fruit. Mix in chopped onion, chicken sauce, fish sauce, and coriander flakes.
5. Pour salsa sauce over plated fish fillets and serve.
做法...
1. 草菇洗淨切半飛水備用。
2. 將上湯及水用鍋煮沸，加入南薑、香茅、檳榔葉及辣椒，加蓋煮30分鐘，
最後加入草菇及青檸汁試味。
3. 將寶石魚去鱗、腮及內臟，洗淨抹乾，以少許鹽塗勻，隔水大火蒸約
10-12 分鐘。
4. 待魚蒸熟後，倒出魚水，將魚放在上湯的鍋盃或較深的碟子上，淋上冬
薑湯，即可。

Method...
1. Wash the straw mushrooms and cut in halves. Scald in water and remove from heat.
2. Boil the broth and water into a pot. Add galangal, lemon grass, lemon leaves and
chili peppers into the pot. Cover and simmer for 30 minutes. After, add the straw
mushrooms and lime juice to taste.
3. Prepare the fresh jade perch by scaling, gutting and cleaning the fish body. After
drying the jade perch, rub it with a bit of salt. Place fish in a dish and steam over
a steam rack for 10-12 minutes.
4. After the fish is steamed, remove the steamed fish water from the dish. Place the
fish in a pot or a deep dish and pour in tom yum soup. Serve.

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Ingredients...
- Fresh jade perch 1 whole fish
- Galangal 70 g
- Lemon grass 30 g
- Lemon leaves 15 pieces
- Broth 350 ml
- Chili peppers 1-2 pieces
- Water 150 ml
- Lime juice 3-4 drops
- Straw mushrooms 10 pieces

酱汁...
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Ingredients...
- Fresh jade perch 1-2 whole fish
- Rosemary 3-4 bunches
- Thyme 1-2 bunches
- Coarse sea salt 800-900 g

Sauce...
- Lemon (fresh skin and juice) 1 whole fruit
- Extra virgin olive oil A dash
- Coriander flakes A little
- Crushed black pepper A pinch
- Sugar A pinch
- Salt A pinch

做法...
1. 以200℃預熱烘焗；醬汁拌勻備用。
2. 將寶石魚去鱗、腮及內臟，洗淨抹乾，備用。
3. 香草取葉去梗，與粗海鹽拌勻，備用。
4. 預備一個大烤盤，鋪上鋁紙，灑上少許鹽，將整條
魚放在鋁上，再用餘下的香草鹽蓋滿魚身，放入已
預熱的烘焗以200℃焗25-30分鐘。
5. 待魚的表面呈金黃色及脆皮後，取出，抹開粗鹽及
魚皮，取肉與醬汁拌合。

Method...
1. Preheat the oven to 200°C.
2. Prepare the fresh jade perch by scaling, gutting and cleaning the fish body. Dry the fish body.
3. Stem the thyme and rosemary bunches, keeping the leaves. Mix in with coarse sea salt.
4. Cover a large baking pan with aluminum foil paper. Sprinkle some salt on the bottom of the pan and
then place the whole fish above the salt. Top the fish with the salted herb mixture and place into
pre-heated oven. Bake at 200°C for 25-30 minutes.
5. Once the salted top appears golden and crispy, take out from the oven. Gently wipe away the coarse
salt and fish skin. Serve the fish meat, which may be enhanced with some sauce.
**Fish Chowder**

**Materials**
- Fresh jade perch: 1 whole fish
- Chinese celery: 1 stalk
- Garlic: 2 cloves
- Dried onions: 2 pieces
- Fresh shiitake mushrooms: 3-4 pieces
- Oyster mushrooms: 3-4 pieces
- Lemon: 4 slices
- Low-sodium soy sauce: 2-3 tbsp

**Preparation**
1. Prepare the fresh jade perch by scaling, gutting and cleaning the fish body. After drying the jade perch, bone it and slice into fish fillets.
2. Rub the fillets with a pinch of salt and ground black pepper, before lightly coating with a bit of flour. Pan-fry the fish fillets until cooked, and remove from heat.
3. Heat some cooking oil in a frying pan. Stir-fry the onion and diced bacon until fragrant, before adding in the diced celery and potatoes. Continue stir-frying while sprinkling in some flour.
4. Slowly add in the chicken broth little by little, until flour is fully dissolved. Cover and cook in low heat for 10-15 minutes, until the diced potatoes soften.
5. Once the diced potatoes are softened, add in milk and cook until heated. Add salt, crushed black pepper and thyme to taste. Bowl the soup and place some fish fillet over each bowl and serve.

**Steamed Jade Perch with Lemon and Herbs**

**Materials**
- 菠菜 (1條): 1 whole fish
- 月桂葉 (10片): 1 stalk
- 洋蔥 (1個): 2 cloves
- 大蔥 (半根): 2 pieces
- 白胡椒粉 (少許): 3-4 pieces

**Preparation**
1. Prepare the fresh jade perch by scaling, gutting and cleaning the fish body. After drying the jade perch, rub the fish body with some salt. Place the lemon slices over the fish and steam over a steam rack for 10-15 minutes.
2. Mix the sauce ingredients in the meantime.
3. Heat a frying pan with some cooking oil. Stir-fry the Chinese celery, garlic and dried onion until fragrant. Add the fresh shiitake mushrooms, and oyster mushrooms, and stir-fry over high heat. Add a bit of salt and crushed black pepper to taste.
4. After the fish is done steaming, remove the steamed fish water and cover the fish with the stir-fried ingredients. Finally, pour the pre-mixed sauce over the steamed fish and serve.

**Note:**
- Serve the fish fillets on the side for a nicer presentation and a better taste.
- Pouring out the water from the dish after steaming the fish will help reduce the fishy smell.
- For a stronger flavor, add a little fermented soy beans and chopped red chili peppers when stir-frying.
香煎魚柳伴椰香咖喱汁
Pan-fried Fish Fillets with Coconut Curry

**Materials..**

- 豆薯 1-2条
- 西班牙肉腸 5-6片
- 奶油 2片
- 洋蔥 3-4片
- 橄欖油 1湯匙
- 梅片 1片

**Ingredients..**

- Fresh jade perch 1-2 whole fish
- Chorizo sausages 5-6 slices
- Garlic (minced) 3-4 cloves
- Onion (sliced) 1 whole
- Chopped tomatoes 1 can
- Coriander flakes 1/2 cup
- Lemon 1 whole
- White wine 1.5 cups
- Coriander seeds 1 tsp
- Crushed black pepper 1/2 tsp
- Salt 1/2 tsp
- Lemon juice 1 tbsp
- Olive oil

**Method..**

1. Prepare the fresh jade perch by scaling, gutting and cleaning the fish body. After drying the jade perch, bone it and slice into fish fillets.
2. Rub the fillets with some salt and pepper. Coat the fillets with some flour and cook in a frying pan. Remove from heat.
3. Stir-fry the sliced onions in a frying pan until soft. Add in turmeric and yellow curry powder and stir-fry until fragrant. Add in vinegar, chicken broth and coconut milk, cook until texture slightly thickens. Add sugar to taste.
4. Cover the fish fillets with the curry and serve.

*Dry the fish fillets to preserve its firm texture. Adding the vinegar to the curry balances the heat in the sauce and harmonizes the taste.*

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烤魚
Oven-baked Fish with Chorizo Sausages in Tomato Sauce

**Materials..**

- 豆薯 1-2条
- 西班牙肉腸 5-6片
- 奶油 2片
- 洋蔥 3-4片
- 橄欖油 1湯匙

**Ingredients..**

- Fresh jade perch 1-2 whole fish
- Chorizo sausages 5-6 slices
- Garlic (minced) 3-4 cloves
- Onion (sliced) 1 whole
- Chopped tomatoes 1 can
- Coriander flakes 1/2 cup
- Lemon 1 whole
- White wine 1.5 cups
- Coriander seeds 1 tsp
- Crushed black pepper 1/2 tsp
- Salt 1/2 tsp
- Lemon juice 1 tbsp
- Olive oil

**Method..**

1. Prepare the fresh jade perch by scaling, gutting and cleaning the fish body. After drying the jade perch, bone it and slice into fish fillets.
2. Rub the fillets with some salt and pepper. Add a dash of lemon juice before thinly coating with flour. Heat some cooking oil into a frying pan before cooking the fish fillets. Remove from heat.
3. Stir-fry the chorizo sausage, sliced onion and minced garlic until fragrant. Add in crushed coriander seeds, coriander flakes, crushed tomatoes and white wine. Cook until the texture slightly thickens.
4. Pour sauce over plate, and then cover with slices of lemon. Place fish fillets over top and serve.

*Chorizo sausages may be replaced with bacon.*

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製作時間/Cooking Time：35分鐘/minutes
柚子醋日本味噌烤魚

作法
1. 以200°C預熟烤箱。
2. 將寶石魚去鱗、鰭及內臟，洗淨抹乾，去骨起肉。
3. 魚肉以少許鹽及黑胡椒碎塗勻，加點檸檬汁，再撈少許麵粉，煎熟。取出備用。
4. 將醬汁材料拌勻，塗在魚肉上，放入已預熟的烤箱，以200°C烘烤約5分，即可。

Method
1. Preheat the oven to 200°C.
2. Prepare the fresh jade perch by scaling, gutting and cleaning the fish body. After drying the jade perch, bone it and slice into fish fillets.
3. Rub the fillets with a pinch of salt and crushed black pepper. Add a dash of lemon juice, then lightly coat with some flour. Pan-fry until fish is done, and remove from heat.
4. Mix all sauce ingredients together and coat the fish. Place into pre-heated oven, and bake for 5 minutes at 200°C. Serve.

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醬汁

日本醬油 1湯匙 蕃薯 少許
油味蔬菜 1湯匙 紅椒碎 1湯匙
味醂 1湯匙 月桂葉 1湯匙
柚子醋 1湯匙 麵粉 1湯匙
檸檬汁 少許

Ingredients

Fresh jade perch 1 whole fish

Sauce

Japanese soy sauce 1 dash
Miso 2 dash
Mirin 3 dash
Egg yolk 1 whole
Pomelo vinegar 1 dash
Lemon juice 1 dash
Spring onions (chopped) 1 dash
Chili flakes 1 dash
Crushed black pepper 1 dash
Salt 1 dash
Flour 1 dash

做法

1. 以200°C預熱烤箱。
2. 將寶石魚15-20分鐘，去皮壓斬，以鹽、黑胡椒碎、黃芥末及蛋汁拌勻。
3. 將寶石魚去鱗、鰭及內臟，洗淨抹乾，去骨起肉。用鹽及黑胡椒碎抹勻全身，再撈少許麵粉，放入已預熟的烤箱，取出備用。
4. 再次燒熟油，將洋蔥、乾菠蘿、加入甘草粉、西芹同炒，加入蒜蓉及芥菜，以鹽、糖、黑胡椒碎、再加點檸檬汁。
5. 將魚肉放在鐵盤上，注入醬汁，加入番茄後，放入已預熱烤箱以200°C烘烤約15分鐘至金黃色，即可。

Method

1. Preheat the oven to 200°C.
2. Roll the potatoes in water for 15-20 minutes. After boiling, peel and mash the potatoes. Mix in with a dash of salt, a dash of crushed black pepper, a bit of parsley flakes, and the beaten egg.
3. Prepare the fresh Jade perch by scaling, gutting and cleaning the fish body. After drying the Jade perch, bone it and slice into fish fillets. Rub the fillets with some salt and pepper. Thinly coat with flour. Heat some cooking oil in a frying pan before cooking the fish fillets. Remove from heat.
4. Reheat the pan with more cooking oil. Stir-fry the onion and dried onion until fragrant. Add in diced carrots and celery and stir-fry some more, before adding in cream and mustard. Season with salt, sugar and crushed black pepper to taste, before adding in a dash of lemon juice.
5. Place the fish fillets in an oven-safe pan. Add in the sauce and cover with mashed potatoes. Bake in pre-heated oven at 200°C for 15 minutes, until golden. Serve.
市場推廣及銷售

- 魚類統營處（魚統處）助推推廣及銷售包括寶石魚在內的[優質養魚場]品牌的魚產品，有興趣買家可聯絡魚統處。
- 有關已登記養魚場名單及銷售點詳情，可瀏覽[優質養魚場]網頁:
  
  http://www.hkaffs.org

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