

寶石魚

新派煮意

FUSION COOKING FOR
Jade Perch



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



Accredited Fish Farm Scheme
www.hkaffs.org
優質養魚場計劃



魚類統營處
Fish Marketing Organization



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機寶石魚的養殖，深受市場歡迎。

魚類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，寶石魚較一般魚塘養殖的淡水魚含較高的不飽和脂肪酸，而用人工飼料餵飼的寶石魚更含超過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。

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鮮魚白汁意大利飯

Fresh Jade Perch Risotto

製作時間/Cooking Time: 30分鐘/minutes

做法 ..

- 1 將寶石魚去鱗、鰓及內臟，洗淨抹乾，去骨起肉，切成魚片，以少許鹽及黑胡椒碎拌勻，魚骨留用。
- 2 燒熱油，爆透魚骨，加入上湯滾片刻，魚湯隔去魚骨後，保溫備用。
- 3 冬菇、蘑菇洗淨切片；以油、鹽及胡椒大火略炒後備用。
- 4 燒熱少許牛油，爆香洋蔥絲，魚肉略炒，取出備用。
- 5 將米放入鍋炒勻，再將魚湯分數次加入米中，慢火攪拌至湯被米吸收，加入白酒略煮至七成熱，再落忌廉、香菌一起炒勻。
- 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 and 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.

“ *魚肉及骨需抹乾，也不宜醃多過15分鐘，否則變腥變霉。
*如沒有意大利米，可改用日本米。 ”

“ * For optimal results, dry both the fish fillets and fish bones during preparation. In addition, do not marinate the fish for over 15 minutes, or else it may start losing its fresh qualities.
* Risotto rice may be replaced with Japanese rice. ”

材料 ..

寶石魚	1條	意大利米	2杯
蘑菇	3-4隻	鮮冬菇	7-8隻
洋蔥(切絲)	半個	魚湯(上湯)	550毫升
白酒	半杯	忌廉	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



材料 ..

寶石魚	1條	生粉	少許
蛋	2隻	麵包糠	少許
鹽	少許	黑胡椒	少許

醬汁 ..

火龍果	1個	洋蔥碎	3湯匙
雞醬	3湯匙	魚露	少許
芫荽碎	1湯匙		

Ingredients ..

Fresh jade perch	1 whole fish
Cornstarch	A little
Eggs	2
Bread crumbs	A little
Salt	A pinch
Pepper	A pinch

Sauce ..

Dragon fruit	1 whole fruit
Onion (finely chopped)	3 tbsps
Chicken sauce	3 tbsps
Fish sauce	A dash
Coriander flakes	1 tbsp

做法 ..

- 1 將寶石魚去鱗、鰓及內臟，洗淨抹乾，去骨起肉，放入少許鹽、黑胡椒及於全身撲上薄薄的生粉。
- 2 將魚肉沾滿蛋漿，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，瀝油上碟。
- 4 (製作沙沙醬)火龍果去皮切粒，加入洋蔥碎、雞醬、魚露及芫荽碎拌勻。
- 5 取出魚柳上碟，淋上火龍果沙沙醬，即可。

“ *魚身需抹乾才上粉，油溫保持170°C，魚柳才炸得香脆。 ”

“ * For the perfect crisp, remember to pat dry the exterior of the fish before coating with cornstarch, as well as maintain the frying oil temperature at 170°C. ”

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.



Fish Cutlet

with Dragon Fruit Salsa

吉列魚柳

伴火龍果沙沙醬



冬蔭魚

Tom Yum Fish

做法 ..

- 1 草菇洗淨切半飛水備用。
- 2 將上湯及水用鍋煮滾，加入南薑、香茅、檸檬葉及辣椒，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、鰓及內臟，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，將魚放在上桌的鍋子或較深的碟子上，淋上冬蔭湯，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, lemongrass, 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.

“ *蒸魚後的魚水需倒掉，可減少腥味。 ”

“ * Pouring out the water from the dish after steaming the fish will help reduce the fishy smell. ”

材料 ..

寶石魚	1條	辣椒	1-2隻
南薑	70克	水	350毫升
香茅	30克	青檸汁	3-4湯匙
檸檬葉	15塊	草菇	10粒
上湯	500毫升		

Ingredients ..

Fresh jade perch	1 whole fish
Galangal	70 g
Lemongrass	30 g
Lemon leaves	15 pieces
Broth	500 ml
Chili peppers	1-2 pieces
Water	350 ml
Lime juice	3-4 tbsps
Straw mushrooms	10 pieces



材料 ..

寶石魚	1-2條	百里香	1-2束
迷迭香	3-4束	粗海鹽	800-900克

醬汁 ..

檸檬(皮及汁)	1個	黑胡椒碎	少許
特純橄欖油	少許	糖	少許
芫荽碎	少許	鹽	少許

Ingredients ..

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

Sauce ..

Lemon (both 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°C預熱焗爐；醬汁拌勻備用。
- 2 將寶石魚去鱗、鰓及內臟，洗淨抹乾，備用。
- 3 香草取葉去莖，與粗海鹽拌勻，備用。
- 4 預備一個大焗盤，鋪上錫紙，灑上少許鹽，將整條魚放在鹽上，再用餘下的香草鹽蓋滿魚身，放入已預熱的焗爐以200°C焗25-30分鐘。
- 5 待鹽的表面呈金黃色及脆皮後，取出，抹開粗鹽及魚皮，取肉與醬汁拌食。

“ * To enhance this simple dish, be careful to remove as much blood as possible from the fish body during preparation, which will help diminish the fishy smell. ”

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.



製作時間/Cooking Time : 40分鐘/minutes



Oven-baked Fish with Herbs

“ *做法簡單，注意處理魚身時需抹去血絲，可減少腥味。 ”

香草鹽焗魚



製作時間/Cooking Time : 35分鐘/minutes

周打魚湯

Fish Chowder

做法 ..

- 1 將寶石魚去鱗、鰓及內臟，洗淨抹乾，去骨起肉。
- 2 將魚肉以少許鹽及黑胡椒碎塗勻，再撲少許麵粉，煎熟，取出備用。
- 3 燒熱油後，將洋蔥及煙肉粒爆香，加入西芹粒、薯仔粒炒勻，再灑入麵粉同炒。
- 4 逐少加入雞湯，將麵粉煮開，加蓋慢火煮10-15分鐘至薯仔脫身。
- 5 待薯仔脫後，加入牛奶煮熟，加鹽、黑胡椒碎及百里香調味，上碟，再放上魚柳，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.
- 2 Rub the fillets with a pinch of salt and crushed 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.

“ *將魚柳煎香另上，除更美觀，味道會更好。 ”

“ * Serve the fish fillets on the side for a nicer presentation and a better taste. ”

材料 ..

寶石魚	1條	麵粉	2-3湯匙
百里香	少許	雞湯	2杯
煙肉(切粒)	2片	牛奶	1杯
洋蔥(切粒)	1個	鹽	少許
西芹(切粒)	半條	黑胡椒碎	少許
薯仔(切粒)	半個		

Ingredients ..

Fresh jade perch	1 whole fish
Thyme	A bit
Bacon (diced)	2 slices
Onion (diced)	1 whole
Celery (diced)	Half stalk
Potato (diced)	Half
Flour	2-3 tbsps
Chicken broth	2 cups
Milk	1 cup
Salt	A dash
Crushed black pepper	A dash



材料 ..

寶石魚	1條	鮮冬菇	3-4粒
中芹(切段)	1棵	秀珍菇	3-4隻
蒜	2粒	檸檬片	4片
乾蔥	2粒	生抽	2-3湯匙

醬汁 ..

檸檬(汁)	半個	黑胡椒碎	少許
檸檬	數片	糖	2茶匙
橄欖油	2湯匙	鹽	少許
羌荳碎	少許		

Ingredients ..

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
Light soy sauce	2-3 tbsps

Sauce ..

lemon (juiced)	Half
Lemon	Several slices
Olive oil	2 tbsps
Coriander flakes	A pinch
Crushed black pepper	A pinch
Sugar	2 tsps
Salt	A pinch

做法 ..

- 1 將寶石魚去鱗、鰓及內臟，洗淨抹乾，以少許鹽塗勻，放上檸檬片，隔水大火蒸約10-12分鐘。
- 2 醬汁材料拌勻，備用。
- 3 燒熱油，加入中芹、蒜及乾蔥爆香，再落鮮冬菇、秀珍菇大火兜炒，以少許鹽及黑胡椒碎調味。
- 4 待魚蒸熟後，倒出魚水，將炒香的材料鋪滿魚身上，再淋上醬汁及生抽，即可。

“ * Pouring out the water from the dish after steaming the fish will help reduce the fishy smell.
* For a stronger flavour, add a little fermented soy beans and chopped red chili peppers when stir-frying. ”

Method ..

- 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 a few slices of lemon over the fish and steam over a steam rack for 10-12 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.



製作時間/Cooking Time : 25分鐘/minutes

Steamed Jade Perch with Lemon and Herbs

檸檬香草蒸魚

“ *蒸魚後的魚水需倒掉，可減少腥味。
*加入少許豆豉及紅椒碎與配料同炒，可令菜式更濃味。 ”



製作時間/Cooking Time : 30分鐘/minutes

香煎魚柳伴椰香咖喱汁

Pan-fried Fish Fillets with Coconut Curry



做法 ..

- 將寶石魚去鱗、鰓及內臟，洗淨抹乾，去骨起肉。
- 將魚肉以少許鹽及黑椒碎塗勻，再撲少許麵粉，煎熟，取出備用。
- 洋蔥絲落鍋爆至軟身，再將黃薑粉及黃咖喱爆透，加入醋、雞湯及椰漿煮至稠身，再以糖調味。
- 黃汁淋在魚肉上，上碟即可。

“ *魚肉需抹乾，否則肉質易爛；咖喱加入醋，可中和辣度讓醬汁更和味。 ”

Method ..

- 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 the fillets with some flour and cook in a frying pan. Remove from heat.
- Stir-fry the sliced onions in a frying pan until softened. 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.
- 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. ”

材料 ..

寶石魚 1-2條

醬汁 ..

黃薑粉	1茶匙	雞湯	100毫升
黃咖喱	1½湯匙	糖	少許
洋蔥(切絲)	半個	醋	2茶匙
椰漿	100毫升	麵粉	少許

調味 ..

鹽	少許	麵粉	少許
黑胡椒碎	少許		

Ingredients ..

Fresh jade perch 1-2 whole fish

Sauce ..

Turmeric	1 tsp
Yellow curry powder	1.5 tbsps
Onion (sliced)	Half
Coconut milk	100 ml
Chicken broth	100 ml
Sugar	A bit
Vinegar	2 tsps
Flour	A bit

Marinade ..

Salt	A pinch
Crushed black pepper	A pinch
Flour	A bit



材料 ..

寶石魚	1-2條	白酒	1½杯
西班牙肉腸	5-6片	胡荽籽	少許
蒜茸	3-4粒	黑胡椒碎	少許
洋蔥(切絲)	1個	鹽	少許
蕃茄碎	1罐	檸檬汁	少許
芫荽碎	半杯	橄欖油	1湯匙
檸檬片	數片		

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	Half cup
Lemon	Several slices
White wine	1.5 cups
Coriander seeds	A bit
Crushed black pepper	A bit
Salt	A bit
Lemon juice	A dash
olive oil	1 tbsps

做法 ..

- 將寶石魚去鱗、鰓及內臟，洗淨抹乾，去骨起肉。
- 魚肉以少許鹽及黑椒碎塗勻，加點檸檬汁，再撲少許麵粉，煎熟，取出備用。
- 燒熱油，爆香西班牙肉腸，洋蔥絲及蒜茸，加入搗碎的胡荽籽、芫荽碎炒香，蕃茄碎及白酒煮沸至略稠身。
- 將汁料倒在碟上，再鋪滿檸檬片，放上魚柳，即可。

“ *如沒有西班牙肉腸，可用煙肉代替。 ”

“ *Chorizo sausages may be replaced with bacon. ”

Method ..

- 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. 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.
- Heat a frying pan with some cooking oil. 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.
- Pour sauce over plate, and then cover with slices of lemon. Place fish fillets over top and serve.



Oven-baked Fish

with Chorizo Sausages in Tomato Sauce

西班牙肉腸

茄醬烤魚

柚子醋日本味噌烤魚

Japanese-style Pomelo Vinegar and Miso Oven-baked Fish

做法 ..

- 1 以200°C預熱焗爐。
- 2 將寶石魚去鱗、鰓及內臟，洗淨抹乾，去骨起肉。
- 3 魚肉以少許鹽及黑胡椒塗勻，加點檸檬汁，再撲少許麵粉，煎熟，取出備用。
- 4 將醬汁材料拌勻，塗在魚肉上，放入已預熱的焗爐，以200°C烤焗約5分鐘，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.

“ *加沒有柚子醋，可用檸檬汁代替。 ”

“ * Pomelo vinegar may be replaced with lemon juice. ”

材料 ..

寶石魚 1條

醬汁 ..

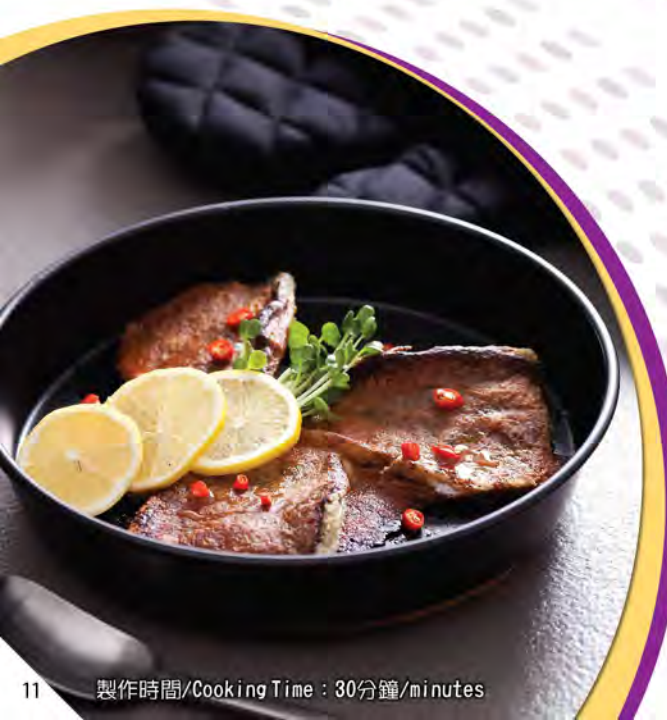
日本醬油	1湯匙	蔥碎	少許
淡味麵豉	2湯匙	紅椒碎	少許
味醂	3湯匙	黑胡椒碎	少許
蛋黃	1隻	鹽	少許
柚子醋	1湯匙	麵粉	少許
檸檬汁	少許		

Ingredients ..

Fresh jade perch 1 whole fish

Sauce ..

Japanese soy sauce	1 tbsp
Mild miso	2 tbsps
Mirin	3 tbsps
Egg yolk	1 whole
Pomelo vinegar	1 tbsp
Lemon juice	A dash
Spring onions (chopped)	A bit
Chili flakes	A dash
Crushed black pepper	A dash
Salt	A dash
Flour	A bit



製作時間/Cooking Time : 30分鐘/minutes

材料 ..

寶石魚	1條	西芹	少許
雞蛋	1隻	甘荀粒	少許
薯仔(馬鈴薯)	2個	黑胡椒碎	少許
蕃茜碎	少許	鹽	少許
牛油	少許	糖	少許

醬汁 ..

洋蔥	少許	忌廉	半杯
乾蔥	少許	檸檬	半個
英國芥辣	1湯匙		

Ingredients ..

Fresh jade perch	1 whole fish
Egg	1
Potatoes (mashed)	2
Parsley flakes	A bit
Butter	A cut
Celery	A bit
Carrot (diced)	A bit
Crushed black pepper	A pinch
Salt	A pinch
Sugar	A pinch

Sauce ..

Onion	A bit
Dried onion	A bit
British mustard	1 tbsps
Cream	Half cup
Lemon	Half

做法 ..

- 1 以200°C預熱焗爐。
- 2 薯仔焗15-20分鐘，去皮壓茸，以鹽、黑胡椒碎、蕃茜碎及蛋汁拌勻。
- 3 將寶石魚去鱗、鰓及內臟，洗淨抹乾，去骨起肉，用鹽及黑胡椒碎抹勻全身，再撲少許麵粉，放入已燒熱的油，煎熟，取出備用。
- 4 再次燒熱油，將洋蔥、乾蔥爆香，加入甘荀粒、西芹同炒，加入忌廉及芥辣，以鹽、糖、黑胡椒調味，再加點檸檬汁。
- 5 將魚柳放在焗盤上，注入醬汁，加入薯茸後，放入已預熱焗爐以200°C焗約15分鐘至金黃色，即可。

“ * For a more golden appearance, brush some egg over the mashed potato before baking. ”

Method ..

- 1 Preheat the oven to 200° C.
- 2 Boil 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 into a frying pan before cooking the fish fillets. Remove from heat.
- 4 Re-heat 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.



Traditional British Fish Pie

英式焗魚批

製作時間/Cooking Time : 45分鐘/minutes



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