Sesame & Ginger-Steamed Rockfish

SERVES 4 PREP TIME 20 Minutes COOK TIME 15 Minutes

Ingredients

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Rockfish & Broth
4 Alaska rockfish fillets (6 oz each), skin removed
2 tbsp sesame oil
2 tbsp soy sauce
1 tbsp rice vinegar
1 tbsp mirin
1 cup light chicken or seafood broth
2 tbsp fresh ginger, julienned
2 garlic cloves, thinly sliced
1 tsp chili oil (optional)
Vegetables
8 baby bok choy, halved lengthwise
1 cup sugar snap peas, trimmed
1 jalapeño, thinly sliced
4 scallions, cut into 2-inch batons
½ English cucumber, sliced on bias
Garnish
½ cup fresh cilantro leaves
1 tsp toasted sesame seeds
Extra sesame oil for finishing
Rice
1 cup basmati rice
1¾ cups water
½ tsp kosher salt

Directions

1. Prepare the Rice
Rinse basmati rice until water runs clear. Combine rice, water, and salt in a saucepan. Bring to a boil, reduce heat to low, cover, and cook for 15 minutes. Remove from heat and let rest 10 minutes before fluffing.
2. Prepare the Broth
In a shallow sauté pan or steamer pan combine:
sesame oil
soy sauce
rice vinegar
mirin
broth
ginger
garlic
Bring to a gentle simmer to allow the aromatics to infuse the broth.
3. Steam the Rockfish
Season rockfish lightly with salt.
Place fillets directly into the simmering broth. Cover and steam gently for 5–7 minutes, until the fish is just opaque and flakes easily. The fish should remain very moist and delicate, not aggressively cooked.
4. Add Vegetables
During the final 2 minutes of cooking add:
baby bok choy
sugar snap peas
jalapeño
scallions
The vegetables should soften slightly but remain crisp and vibrant.
5. Assemble the Dish
Place a scoop of basmati rice in the bottom of a warm bowl.
Arrange the steamed rockfish over the rice.
Spoon the vegetables around the fish and ladle the aromatic broth over the dish.
6. Finish & Garnish
Top with:
fresh cilantro
toasted sesame seeds
sliced cucumber
a light drizzle of sesame oil
Serve immediately.

Nutritional Information

Chef’s Notes

Alaska rockfish works beautifully here, but black cod or halibut cheeks are also excellent substitutions.

The broth should be light and fragrant, never heavy or overly salty.

Adding the vegetables late keeps the dish fresh and vibrant.