

Monterey Monkeyface Eel



Ingredients

- 4-6 fillets of Fresh Monkey faced eel
- 2 tablespoons fresh ginger

Info

- **Prep:** -
- **Cook:** -

- 5 cloves garlic
- 1/4 cup green onions
- 1-3 tsp mushroom liquor
- 1/4 cup Mirin
- 1/4 cup sesame oil blend (2 part vegetable oil one part sesame oil)
- 2 tbs tamari
- pinch red chili flake
- optional is 1/3 cup wondra flour

- **Serves: 2**

- [Source](#)



from 0 votes



Rate



Directions

1. Begin by preparing your eel. Be sure to pat it dry and sprinkle with a small amount of salt (seasoning fish is not like seasoning a steak!!!! Don't go crazy). I often coat the eel in wondra flour as it gives a delightful crisp but with so many gluten-free diets, I have recently tended to forgo this step.
2. Heat a large saute pan (I prefer a cast iron or stainless steel) once the pan is very hot add enough oil to coat the pan and place the eel skin side up in the pan. Allow the fish to brown. Heat control is key. When you add the fish your pan will cool, resist the urge to overcompensate. If you turn the heat up remember to turn it down moments later so as not to over cook the fish or overheat the pan as once overheated it takes time to cool - that time may be the time it takes to burn.
3. Once nicely browned, flip the fish carefully and allow a minute or two on the other side. Once the fish is cooked remove from the pan and allow to rest. Allow the pan to cool slightly and add more oil if necessary. Saute the ginger and chili flakes till it just begins to brown, Add the Garlic and saute for a few seconds (this happens quickly and you DO NOT want burned garlic) once crispy add the mirin, mushroom liquor and tamari. Once hot add the sliced green onion and remove from heat.
4. Plate the eel over white rice and spoon the mixture on top of the Eel.

[monkeyface eel](#), [fish](#), [fishing](#), [ginger](#), [scallions](#), [mushrooms](#), [sesame oil](#), [rice](#)

From:

<https://wiki.blessyourhe.art/> - **cookbook**

Permanent link:

https://wiki.blessyourhe.art/doku.php?id=recipes:meat:monterey_monkeyface_eelLast update: **2024/01/07 13:33**