

# Scallion-Oil Fish

By Eric Kim

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**Total Time** 25 minutes

**Prep Time** 5 minutes

**Cook Time** 20 minutes

**Rating** ★★★★★ (378)



Linda Xiao for The New York Times. Food Stylist: Monica Pierini.

For the most flavorful fish, gently poach the fillets in scallion oil, which is called pa gireum in Korean and is the star of this easy, foolproof preparation. Simmering scallions in olive oil over gentle heat removes moisture from the alliums, crisping them and concentrating their savoriness. In turn, the oil will be tinted green and perfumed with an umami-saturated scallion aroma like nothing else. Be sure to dip crusty bread into that glorious scallion oil to enjoy with the tender fish. This dish is great with rice, too.

## INGREDIENTS

**Yield:** 2 servings

Coarse kosher salt

8 ounces white fish fillets, such as cod, halibut, black sea bass, haddock, flounder, tilapia and lemon sole

6 tablespoons extra-virgin olive oil

1 bunch scallions, thinly sliced crosswise (1 heaping cup)

Flaky sea salt, for serving (optional)

Crusty bread, for serving

## PREPARATION

### Step 1

Sprinkle a heaping  $\frac{1}{4}$  teaspoon kosher salt over the fish fillets and refrigerate, uncovered, to brine and air dry a little, about 10 minutes.

### Step 2

Meanwhile, add the olive oil and sliced scallions to a small cold skillet and bring to a simmer over medium heat. Cook, stirring occasionally, until most of the scallions are dark green and some are brown, anywhere from 7 to 12 minutes. Turn off the heat but keep the skillet on the burner.

### Step 3

Gently and immediately add the fish to the skillet, cutting into two or three pieces to fit as needed. Spoon some of the hot oil over the fish. Leave the fish to cook in the residual heat on the first side, 1 to 3 minutes, then flip and cover with the fried scallions and let cook on the second side until the insides are no longer translucent, 1 to 5 minutes. Sprinkle with the flaky sea salt, if using.

### Step 4

Serve the fish immediately, directly from its pan if desired, with the bread to dip into the flavorful scallion oil.

## Private Notes

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