

DINNER

Sake Steamed Bass

22 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	10 min	15 min	4	\$4.66	262 kcal



Sake Steamed Bass is a gluten free, dairy free, fodmap friendly, and pescatarian recipe with 4 servings. This main course has 423 calories, 31g of protein, and 4g of fat per serving. For \$4.66 per serving, this recipe covers 18% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 4 inch fresh ginger, cut lengthwise into thin strips
- ☐ 2 limes, sliced into thin rounds
- ☐ 1 cup unfiltered sake
- ☐ 4 servings Kosher salt
- ☐ 4 pieces about 4 inches long, lemongrass stalks
- ☐ 24 ounce skin-on center cut striped bass fillets, bones removed

EQUIPMENT Oven, Knife, Baking pan, Aluminum foil

Method

- 1 Watch how to make this recipe.
- 2 Preheat the oven to 425 degrees F.
- 3 Prepare the lemongrass by removing the outer tough leaves to reveal the white center. Smash each stalk with the back of a knife to release the oils and flavor.
- 4 Lay the sliced limes in the bottom of a large baking dish. Evenly space the lemongrass pieces on top of the limes and lay the ginger strips evenly around the lemongrass. Arrange the fillets directly on top, pour the sake over the fish and season with salt. Cover the dish with aluminum foil and bake until the fish is firm, opaque in the center, and beginning to flake, about 15 minutes. The cooking time varies depending on the thickness of the fillets.
- 5 Just before serving, spoon a little of the liquid from the dish over the fillets and transfer to plates to serve.

Nutrition per serving

262	31 g	4 g	8 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.9 g · 6% of daily needs
Fibre			1.1 g · 4% of daily needs
Sugar			0.7 g · 1% of daily needs
Sodium			314 mg · 14% of daily needs
Cholesterol			136 mg · 45% of daily needs
Vitamin C			10.1 mg · 12% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/sake-steamed-bass-144635