How to cook salt water eel

1 pound eel boned 6 to 8 stripes

3table spoons red wine

3 table spoons dark soy

2 table spoons rice wine

1 tea spoon sesame oil

quarter tea spoon whit pepper

quarter tea spoon garlic powder

2 egg yorks

water chest nuts

sweet potato flour

1 cup corn oil

cut eel in half then into six inch lengths deboning as you go. Make marinade of red wine,soy sauce, rice wine, seasume oil, ground pepper, and garlic powder and eeg yoks and mix well.marenade the eel peacies in this mixture for half hour to hour.

Beat eeg whites until stiff then beat in flour making an eeg white batter.

Heat oil and then drop six to eight pieces one by one into the hot oil.

the frames of the eel jelly

3 pound eel

quarter cup malt vinger

quarter cup lemon juice

12 whole pepper corns

1 slised onion

2 bay leaves

2 table spoons chooped pasley

2 tea spoons salt

2 half cup water

2 hard boiled eegs

nut meg

wash eel soak eel in salt water.rinse well. Place into pot add viniger, slised onion, pepper corns, bay leaves,salt, water and bring to the boil on high then reduce to low simmer for 20 mins.

Take out eel into tray then stir lemon juice into the liqued.

Por into tray and add parsley and quarter cut eegs around into the jelly.

Then refrigerate untile jelly like.

Sting ray

2 wing of skate

2oz 50g butter

3 table spoons 45ml drained capers

2 table spoons 30ml viniger

soak skate in vineger.

Skate into salt water and bring to the boil 10 15 mins.

Melt butter in pan and add skate until goldern brown add capers until bubbling.then serve.