

GF Friendly

Sweet and Sour Fish

fish fried in batter with a sweet and sour sauce

Thanks to our friend Margaret from Brunei for this recipe. Back in the 70's it was probably our first attempt with a home-cooked Chinese-style recipe; and it turned out great. Hopefully yours will too.

400g uncooked white fish fillet
 a sprinkle of salt, pepper and ginger powder
 ½ capsicum, thinly sliced



Batter:

1 beaten egg
 3 Tbsps plain flour
 3 Tbsps cornstarch (cornflour)
 2 tps water

Sauce:

4 Tbsps Ketchup (tomato sauce)
 3 Tbsps white vinegar
 3 Tbsps sugar
 1 Tbsp cornstarch (cornflour)
 2/3 cup water
 1 Tbsp olive oil

olive oil (or other oil) to come up about 1.3cm (½ inch) in a wok for shallow frying; or can be deep fried

Cut the fish along the grain into narrow strips about 5cm (2 inches) by 2cm (2/3 inch) and sprinkle with salt, pepper and ginger powder. Mix all of the batter ingredients together, stirring well until smooth. Heat the oil, dip each piece of fish in the batter and fry over a medium heat, turning until lightly browned. Do this in batches to avoid steaming. Consign cooked fish to a tray lined with baking paper plus 2 thicknesses of paper kitchen towel to drain excess oil; and put each batch in a low oven to keep warm while frying the rest.

Heat the tablespoon of oil in a small pan; then mix in the sauce ingredients and bring to the boil, stirring constantly until thickened. Turn off while frying the capsicum. Do this in the same oil as the fish, but only for about ½ minute; then drain on kitchen towel. Re-heat the sauce while dividing the fish on warmed plates topped with capsicum slices. Finally, pour over the sauce.

Serves 2-4 with stir-fried Chinese-style noodles (Recipe 101), or rice

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