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## Sweet and Sour Fish

## Ingredients

1 large piece Dalagang Bukid (Yellowtail fish)  
1-1/2 tsp calamansi juice (lime juice)  
1/2 tsp iodised fine salt  
2 tbsp cornstarch  
2 packets pineapple bits – drained (reserve syrup)  
1 red bell pepper – sliced  
2 stalks green onion – sliced (optional)  
<strong><em>SAUCE</em></strong>  
1/4 cup blend ketchup  
2 tbsp Red Cane Vinegar  
5 tbsp sugar  
1/4 tsp iodized fine salt  
2 tbsp cornstarch  
reserved pineapple syrup

## Preparation

- 1 First, in a large bowl, mix the fish with some lime juice and salt – let it cover the fish well all over.
- 2 Then sprinkle cornstarch on top
- 3 turn the fish around and then coat the other side of the fish lightly.
- 4 After that in a pan, heat up 1 cup of oil on low-medium heat.
- 5 Once the oil gets hot, turn it to medium-high and place the fish in.
- 6 Fry the fish until it gets golden brown.
- 7 The take the fish out and place on paper towels (on plates) allowing the excess oil to drain.
- 8 Set aside.
- 9 <em><strong>SAUCE</strong></em>
- 10 Add water to pineapple syrup to make 1 cup.
- 11 Combine with ketchup, red wine vinegar, sugar, salt, and cornstarch.
- 12 Allow this to simmer – stirring continuously till it thickens.
- 13 Thereafter, add in the pineapple pieces and chopped up bell pepper.
- 14 Allow to it simmer.
- 15 Now you can pour it over the fried fish.
- 16 Toss some chopped up spring onions on top of the fish.

## Cooks Note

You can use using 1 pouch Quick 'n Easy Sweet and Sour Mix (store bought).  
Dissolve the packet ingredients in 1/4 cup water first.  
Then add some pineapple syrup.  
Simmer till it thickens and then follow the same directions in the recipe for the fish.