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by Mary Santander

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)
SAUCE
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. SAUCE
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.