

Sweet and Sour Fish

500g white fish like sea bass or cod cut into 2 inch pieces

1 teaspoon sesame oil

½ teaspoon garlic powder

1 teaspoon salt

½ teaspoon white pepper

¼ cup all-purpose flour

¼ cup cornstarch

½ teaspoon baking powder

Vegetable oil for frying

SWEET AND SOUR SAUCE

¼ cup water

1 ½ tablespoon cornstarch

¼ cup pineapple juice

3 tablespoon ketchup

2 tablespoon brown sugar

2 ½ tablespoons rice vinegar

¼ teaspoon salt

STIR FRY

1 inch knob ginger sliced into thin strips

4 cloves garlic sliced

¼ red onion cut into 1 inch pieces

½ red bell pepper cut into 1 inch pieces

½ green bell pepper cut into 1 inch pieces

1 cup pineapple cut into 1 inch chunks

Sesame seeds for garnish

INSTRUCTIONS

Prep

Marinate the fish. Pat the fish dry with a paper towel. In a mixing bowl, add the cubed fish, sesame oil, garlic powder, salt and white pepper. Mix until evenly combined and set aside.

Make the sweet and sour sauce. In a mixing bowl, add the water and cornstarch and mix until combined. Then add in the pineapple juice, ketchup, brown sugar, rice vinegar, and salt. Mix until combined. Then set aside.

Fry the Fish

Heat the oil. In a deep pan or wok, heat enough oil to cover about 1/2 to 1 inch of the pan over medium-high heat. When the oil reaches 375°F (190°C) it is ready.

Mix the coating ingredients and coat the fish. In a small bowl, add the all-purpose flour, cornstarch, and baking powder. Mix until combined. Then coat the fish in the mixture. Carefully shake off any excess.

Fry the fish. When the oil is ready, fry the fish in batches until they are golden brown about 2-3 minutes on each side. Make sure to keep the oil between 350°F-375°F. Then using a spider strainer or slotted spoon transfer the fish onto a wire rack placed over a lined baking sheet to drain any excess oil.

Stir Fry

Cook the aromatics. In a wok or large skillet, heat 1 tablespoon of oil over medium-high heat until hot. Then add the ginger, garlic, and onions and cook for 30 seconds until fragrant.

Add the bell peppers and pineapple. Next add the bell peppers and cook for 30 seconds. Then add the pineapple and cook for an additional 30 seconds.

Add the sauce. Then add the sauce and toss to combine. Cook the sauce until it begins to simmer and thicken for about 1-2 minutes.

Serve. Pour the sauce over the fried fish, garnish with sesame seeds, and serve with white rice and enjoy!