



Breaded Sweet and Sour Fish

Overview

Difficulty: Easy

Servings: 4

Preparation Time: 30 mins

Cooking Time: 30 mins

Ingredients

10ml Lemon Juice

200ml Water (or as preferred)

400ml Cooking Oil

2 Cloves Garlic

2 Large Red Chillies

2 Eggs (Beaten)

4 Medium-sized Shallots

5g Ginger

20g Coriander

30g Red Capsicum

30g Yellow Capsicum

50g Green Capsicum

100g Plain Flour

150g Breadcrumbs

500g White Fish Fillet - Snapper/Sole

(Deskinned, cut into 2cm strips)

1 Tablespoon Corn Flour

1 Tablespoon Oyster Sauce

1 Tablespoon White Vinegar

2 Tablespoons Chilli Sauce

2 Tablespoons Sesame Oil

2 Tablespoons 'Hua Diao' Wine

3 Tablespoons Softened Butter

5 Tablespoons Tomato Ketchup

For Seasoning Cracked Black Pepper

To Taste Pepper

To Taste Salt

Methods

Step 1

Prepare Ingredients:

Deseed and cut the capsicums into cubes. Do the same for the large red chillies but into large chunks. Peel and quarter the shallots, and remove the stems of the coriander. Lastly, extract juice from lemon.



Step 2

In a hand blender, blend the large red chilli chunks, ginger and garlic, until finely chopped and set aside.



Step 3

Marinate fish strips with salt and cracked black pepper.



Step 4

Coat the marinated fish with plain flour.



Step 5

Remove excess flour and coat evenly with eggs. Then, coat fish evenly with breadcrumbs.



Step 6

Heat up cooking oil in a small pot. Once oil is ready, fry fish strips until golden brown, and set them aside.

Tip: Test oil's temperature with a bit of breadcrumb. If breadcrumb sizzles, it means that oil is ready.



Step 7

In a pan, heat up softened butter, and fry the quartered shallots until they are softened. Then, add in the blended paste and fry for about 4-5 minutes until fragrant



Step 8

Add in the capsicum cubes and coriander. Fry until the vegetables are softened, and add water to deglaze.



Step 9

Add in tomato ketchup, chilli sauce, sesame oil, oyster sauce, white vinegar, 'Hua Diao' wine and lemon juice. Mix well, and let the sauce simmer.



Step 10

Mix corn flour with water. Gradually pour it into the sauce while stirring to thicken the sauce. Season with salt and pepper as desired.



Step 11

Pour sauce over the fried fish strips and garnish with coriander.



Step 12

Enjoy the dish with steamed rice!

