

Fish Fritters Recipe

Ingredients: Serves 4

400g fillet of fish (use fillet of sole, red snapper, cod or any white fish)

½ teaspoon fine salt

pinch of white pepper powder

pinch of sugar

a few drops of sesame oil

5 to 7 cups peanut oil

Batter:

1 cup plain flour

1 cup water

½ teaspoon salt

½ teaspoon bicarbonate of soda or baking powder

Honey Lemon Sauce:

7 tablespoons honey

1 to 2 lemons, cut and squeezed for juice

1 lemon, sliced thinly

100g pineapple, chopped roughly (remove core)

3 strawberries, cut into wedges

½ teaspoon salt

½ cup water

2 tablespoons corn flour

a few drops of sesame oil

Method:

To make the sauce, mix corn flour, honey, chopped pineapple, salt and water and bring to the boil. Add lemon juice, lemon slices and sesame oil and bring to the boil. Turn off heat, stir in the strawberries and set aside. Cut the fish into bite-size pieces and mix with the salt, pepper powder, sugar and sesame oil. Set aside. Mix the flour with the salt and bicarbonate of soda. Add water and mix briskly to form a thick batter. Heat the peanut oil in a wok until very hot. Dip the fish pieces into the batter and deep-fry for a few minutes on each side until golden brown. Drain on paper towels. Pour the warm sauce over the fish fritters and serve.

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