

## Fried Sea Bream Recipe

### Ingredients:

1 sea bream (or red snapper), about 700 g, cleaned  
1 tablespoon salt  
2 teaspoon ground white pepper  
2 teaspoons ginger juice  
60 g cornflour  
250 ml cooking oil  
1 green capsicum, cored and julienned  
1 leek, cut into 2.5-cm lengths  
1 onion, peeled and julienned  
1 carrot, peeled and julienned

### Sauce:

2 tablespoons cooking wine  
1/2 tablespoon crushed garlic  
1 teaspoon ground white pepper  
5 tablespoons light soy sauce  
2 tablespoons sugar  
2 tablespoons maltose  
125 ml water  
125 ml mirin

### Method:

Make 3 shallow cuts on each side of fish to allow marinate to penetrate fish. Do not cut through. Sprinkle salt, pepper and ginger juice on fish and leave for 2 hours. Combine ingredients for sauce and mix well with a blender (processor). Drain fish and dry using absorbent paper. Sprinkle cornflour over using a small sieve. This will ensure a light, even coating. Heat cooking oil in a pan and cook fish on one side first. Then turn fish over to cook the other side. In another pan, heat 3 tablespoons cooking oil and add sauce. When sauce comes to the boil, lower fish in. Reduce heat to simmer. Top fish with capsicum, leek, onion and carrot and ladle sauce over fish repeatedly even as sauce simmers. Allow sauce to reduce before serving hot.