

Sweet Sour Fish (Escabeche) Recipe

Ingredients:

1 kg whole red snapper, cleaned
75 g plain (all-purpose) flour, for dredging
125 ml oil
100 g castor sugar
125 ml vinegar
125 ml water
3 tablespoons tomato ketchup
1 medium carrot, peeled and cut into 1-cm rounds
1 medium green capsicum, cut into 1-cm strips
1 medium cucumber, peeled and cut into 1-cm rounds
Fresh coriander leaves (cilantro), to garnish

Method:

Score the red snapper all over and dredge in flour. Heat oil in a wok and fry the fish about 10 minutes on one side and 7 to 10 minutes on the other side, until completely cooked and fish flesh is no longer glassy. Remove from pan and drain on paper towels. Combine sugar, vinegar, water and tomato ketchup in a saucepan. Add carrot, cook for about 5 minutes, then add capsicums and cucumber. Simmer, without stirring, for a further 5 minutes or until vegetables are tender yet firm. Arrange fish on a serving platter. Pour vinegar mixture over fish. Arrange vegetables around fish and garnish with fresh coriander (cilantro).

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