

SWEET AND SOUR GROUPER

Ingredients

1 orange-spotted grouper fish
4 cups of cooking oil
2 tablespoons vinegar
2 tablespoons tomato sauce
2 tablespoons sweet chilli sauce
Pinch of salt
Pinch of corn starch to thicken
2 tablespoons cold water
1 small brown onion diced
2 garlic cloves diced
1 cup chopped pineapple
Fresh chilli and coriander to garnish

Directions

1. In a large pot add cooking oil and place over low heat to 190 degrees Celsius.
2. Clean the fish both inside and out. Remove scales.
3. Make 3 diagonal slits into each side of the fish.
4. Add fish to oil and fry until crisp and golden, (about 4 minutes). Carefully, transfer fish to paper towel.
5. To make the sauce mixture, in a mixing bowl add vinegar, tomato sauce, sweet chilli sauce, pinch of salt, pinch of corn starch, cold water and mix well until you get a smooth consistency.
6. In a frying pan heat the cooking oil and add the onions and garlic and fry until lightly brown.
7. Add the sauce mixture from above and with the cooked onion and garlic. Add the pineapple pieces and stir into the mixture consistently for approximately 1 minute.
8. Place the fish in the centre of a suitable serving dish.
9. Drizzle the sauce on both sides of the plate and over the fish.
10. Garnish with diced fresh chili and fresh coriander.

