

Deep-Fried Fish Fillet Recipe

Ingredients: Serves 4

1 yellow croaker (about 600g)
or 250g fish fillet

2 tablespoons plain flour

Seasonings:

a pinch of salt

1 teaspoon cornstarch

2 teaspoons wine

1 stalk scallion (crushed)

½ teaspoon ginger juice

1 tablespoon water

1 tablespoon egg white

Flour Paste:

1 egg

2 tablespoons cornstarch

6 tablespoons flour

a pinch of salt

suitable amount of ice water

1 tablespoon oil

Method:

Remove bones from yellow croaker, or just use the fish fillet, cut fish to wide strips. Mix seasonings first, then add fish meat in, marinate fish for 20 minutes. Beat egg, add other ingredients in to make flour paste. Be sure to add oil at last, mix evenly. Coat fish with flour, then add into flour paste just before deep-frying it. Heat 3 cups of oil to 160°C, deep-fry fish separately over medium heat. Deep-fry until all fish are cooked. Remove and separate fish by using a scissor. Reheat oil, deep-fry fish again over high heat for another 15 seconds, drain. Sprinkle some chopped scallion or serve with dipping sauce such as brown peppercorn salt.