

Fish with Pineapple Plum Sauce Recipe

Ingredients: Serves 4

20g fine anchovy
200g Grouper Haddock fish slices
3 pieces pineapple flesh (cut into pieces)
1 red chili (remove seeds and cut into triangles)
2 stems scallions (sectioned)

Sweet Plum Sauce: (mix well)

3 tablespoons plum sauce
1 tablespoon chili sauce
½ tablespoon rice vinegar
½ tablespoon sugar
½ tablespoon cornstarch
¼ teaspoon salt

Marinade:

½ an egg
¼ teaspoon pepper
½ tablespoon light soy sauce
½ teaspoon sesame oil
1 teaspoon ginger juice
1 teaspoon rice wine

Method:

Deep-fry the fine anchovy into hot oil until crispy and golden brown. Dish up, drain well. Rinse the fish slices, drain and season with the marinade, mix well. Marinate for 10 minutes. Coat with cornstarch, then deep-fry into hot oil until crispy and golden brown. Remove. Keep aside. Leave 1 tablespoon oil in the preheated wok. Pour in sauce mixture and bring to a boil. Add in pineapple pieces, chili slices and sectioned scallion, stir-fry until fragrant. Place in fried fish slices and stirring constantly until well coated with the sauce or slightly dry. Dish up, top with the pre-fried fine anchovy. Serve hot with steamed white jasmine rice.