Sweet and Sour Grouper

NIBBLEDISH CONTRIBUTOR

Ingredients

-1 kilo grouper -1/2 cup flour -salt to taste -oil for frying You can use your favorite sweet and sour sauce. i make mine from scratch. here's what you would need: -1/2 cup of ketchup -1/2 cup sugar -1/2 cup vinegar -3/4 cup water -salt to taste -1 1/2 tbsp cornstarch dissolved in -3 tbsp water And for the veggie toppings you would need: -1 medium sized carrots cut into strips -1 large bell pepper cut into strips -1 medium onion sliced -1 small ginger julienned -3 cloves of garlic sliced thinly

Instructions

1. Season grouper with some salt. Dredge in flour and fry in hot oil till it gets golden brown and done. For a kilo of fish that would be around 15-18 mins. Set aside in a platter when done. 2. Prepare your sweet and sour sauce. Mix all the sauce ingredients in a saucepan and boil. Let it simmer for about 10 mins in medium heat. Then thicken up with the cornstarch mixture. 3. In a small pan put about a tbsp of cooking oil. Saute the ginger, then add in the garlic and onions. When onions are almost wilted add in the carrots and bell pepper. Season with a pinch of salt and stir fry until colors get brighter but still crunchy. 4. When veggies are done mix it in your sweet and sour sauce. Heat them up together a bit then pour over your fried grouper.