



Rating:



## Zesty Sweet & Sour Fish

*Asian style whole fish; similar to Chinese or Thai versions, this dish looks complicated but is really easy. (If you steam the fish, you have Filipino Escabeche.) Get the fish ready-to-cook from a fishmonger and save time...*

*1 whole fish, 2-3 lb; snapper, sea bass, etc.  
½ cup rice wine (Shaoxing; not vinegar)  
2-3 Tbsp minced fresh ginger  
1 Tbsp light olive oil (or vegetable oil)  
2 Tbsp chopped garlic  
2 Tbsp minced fresh ginger  
1 star anise  
1 medium yellow onion, thinly sliced  
1 cup carrots, in matchsticks  
1 red bell pepper, stemmed, seeded, in matchsticks  
1 cup low-sodium chicken broth*

*¼ cup firmly packed dark brown sugar  
1 cup rice vinegar (or white vinegar)  
2 Tbsp soy sauce  
2 Tbsp garlic chile sauce or sambal oelek  
2 cup diced fresh pineapple  
2 Tbsp cornstarch in ¼ cup water  
sea salt and freshly ground black pepper  
¼ cup sliced green onions, whites & greens  
2 cup rice flour  
sea salt and fresh-ground black pepper  
½ to ¾ cup light olive oil (or vegetable oil)*

Clean and eviscerate the fish, removing fins; leave head on. Score the fish with three long, fairly deep cuts on each side. Place fish in a shallow pan. Pour on rice wine, then rub ginger all over fish, including pushing some into the cut slits. Let stand for 10-15 minutes as you prepare the remainder of the meal.

Heat oil in a large wok over high heat. Add garlic and cook, with stirring, until golden brown, about 1 minute. Add ginger and star anise and cook, with stirring, until fragrant, about 30 seconds. Add onion and cook, stirring, until somewhat soft. Add carrots and pepper and cook, stirring, until crisp-tender, about 3 minutes more. Pour in chicken stock and bring to a boil. Add brown sugar, vinegar, soy sauce, chili sauce and pineapple; stir to combine. Return the sauce to a boil. Whisk together cornstarch and water, then stir quickly into boiling sauce; boil until thickened. Season, remove from heat and add sliced onions.

Place oil in a large skillet over medium-high heat. Dredge fish in rice flour seasoned with salt and pepper. Fry fish until brown, about 5-7 minutes per side, turning only once. Place fish on long serving plate, pour sauce over and serve with plenty of cooked jasmine rice.

Yield: One fish, about six to eight servings

Preparation time: 20 minutes

Cooking time: 20 minutes or so

