

Easy Sweet And Sour Fish Recipe

Preparation Time Cooking Time Serving Size 10 30 3

Ingredients:

MAIN INGREDIENTS

- 1 kg dalagang bukid
- 1 1/2 tsp salt, rock
- 3/4 tsp pepper, black
- 1/4 cup all-purpose flour
- - oil, for deep frying
- 2 Tbsp oil
- 1/2 cup onion, red, quartered
- 1/4 cup vinegar
- 1/2 cup DEL MONTE Extra Rich Banana Ketchup (320g)
- 1 pouch DEL MONTE Pineapple Tidbits (115g), drained, reserve syrup
- 2 Tbsp soy sauce
- 3 Tbsp sugar, white

Preparation:

- 1. Season fish with salt and pepper. Dredge in flour. Deep-fry in oil until crispy.
- 2. In a separate pan, heat the oil. Sauté onions for 1 minute. Remove from the pan and set aside.
- 3. Add the vinegar, ketchup, reserved pineapple syrup, soy sauce, and sugar. Simmer while stirring continuously until thick.
- 4. Add the DEL MONTE Pineapple Tidbits and onions. Pour over fried fish. Serve.

Chef's Tip

Lusog Notes

Cooking Skills Needed

- Frying
- Simmering
- Slicing

Cooking Tools

- Can Opener
- Measuring Cups
- Sauce Pot
- Chopping Board
- Measuring Spoon
- Spatula
- Mixing Bowl