



## Sweet And Sour Fishballs Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>35</b>
<b>Serving Size</b>	<b>8</b>

### Ingredients:

- 1 cup water
- 400 g dalagang bukid
- 1 Tbsp ginger, sliced thinly
- 1 tsp salt
- 3/4 tsp pepper, black
- 1 cup carrot, chopped
- 1/2 cup kamote, boiled and mashed
- 4 tsp green onions, chopped
- 1 pc egg, beaten
- 1/3 cup breadcrumbs
- 2 cup oil, for deep frying

### FOR THE SAUCE

- 1 pouch DEL MONTE Pineapple Tidbits (227g), drained, reserve 1/2 cup syrup
- 6 Tbsp sugar, white
- 1 Tbsp DEL MONTE Original Blend Ketchup (320g)
- 1/4 tsp pepper, black
- 1 1/2 Tbsp soy sauce
- 2 Tbsp cornstarch, dissolved in 1/2 cup water
- 1/3 cup bell pepper, red, cut into strips
- 4 stalk green onions, cut into 1-inch long pieces

### Preparation:

1. Boil fish with ginger in water for 10 minutes. Drain, flake meat, and discard bones. Season with salt and pepper. Blend well with the rest of the ingredients except ingredients for sauce.
2. Form every tablespoon of mixture into balls. Deep-fry until golden brown. Set aside.
3. Sauce: Combine the first 3 ingredients and reserved pineapple syrup. Season with pepper and soy sauce. Simmer. Add dissolved cornstarch and simmer, stirring constantly until cooked. Add bell peppers and green onions. Pour over fishballs just before serving.

### Chef's Tip

Ginger helps remove the fishy smell of fish and adds a fresh and spicy note. To infuse flavor into the fish, slice the ginger thinly so that there is more surface exposed in the water while it boils.

### Lusog Notes

Fish are a good source of protein that help repair body tissues. This dish also contains vitamin A which is important for normal vision and healthy skin.

### **Cooking Skills Needed**

- Deep Frying
- Simmering

### **Cooking Tools**

- Pot
- Chopping Board
- Spatula

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