

Sweet and Sour Fish

Source: House of Rice, University District, Seattle (late Sixties?)

Ingredients

- 1 lb. Halibut, Cut Into Strips
- 1 Egg, Beaten
- 1 teaspoon Salt
- 1 teaspoon Sherry
- 5 tablespoons Flour
- 2 tablespoons Cornstarch
- ¼ cup Rice Vinegar
- ⅓ cup Sugar
- 2 Soy Sauce - Light
- 2 Cornstarch In ⅓ Cup Water
- 1 can Pineapple Chunks (8 Oz)
- 2 ounces Chinese Pickles
- ½ Green Pepper, Cut In Chunks
- 1 Tomato, Sectioned

Method

Pat halibut dry with paper towels. Dip halibut in mixture of beaten egg, salt and sherry. Roll in combination of flour and cornstarch; deep fry until gold brown. Set fish aside.

Mix juice from canned pineapple, vinegar, sugar, soy sauce and cornstarch. Bring to boil. Add pineapple chunks, Chinese pickles, green pepper and cook for 1 to 2 minutes; add sectioned tomato.

Pour sweet and sour sauce over deep fried fish just before serving.