

Beer Battered Sweet & Sour Fish



For this Easter twist we are going to fuse crispy, golden beer-battered fish, with a classic Malaysian sweet and sour sauce. It's a perfect blend of textures and flavours – crunchy and airy from the batter contrasted with tangy, sweet, sour, sticky and vibrant sauce.

Recipe provided by [Junda Khoo](#) as part of the Guardian Feast App Partnership. Download Feast on the [App store for Apple iOS](#) or [Google Play for Android](#).

Ingredients

Beer Batter Fish

6 Wild Caught Southern Blue Whiting Fillets, cut to 5cm length

1 cup Black & Gold self raising flour

½ cup corn flour

180ml cold beer

1/2 tsp Black & Gold salt

1/2 tsp Black & Gold sugar

1 pinch ground white pepper

3 tbsp Black & Gold plain flour

1L Black & Gold vegetable oil

Sweet & Sour Sauce

2 tbsp Black & Gold vegetable oil

1 red onion, cut into 1.5cm cubes

1/2 yellow capsicum, julienned to 3cm length

1/2 red capsicum, julienned to 3cm length

150g pineapple, cut into 1.5cm cubes

5cm piece fresh ginger, peeled and sliced

200ml fish stock

200ml Black & Gold tomato sauce

1 tbsp Black & Gold white vinegar

3 tbsp Black & Gold white sugar

1 tbsp oyster sauce

3 spring onions, cut to 3cm length

Method:

1. Cut whiting fillets into 5cm length and pat dry with paper towel.
2. In a mixing bowl, whisk self-raising flour, corn flour and seasoning till well combined. Slowly pour in the cold beer, whisking until you get a smooth, slightly thick batter. Let it rest for 10 minutes.
3. Heat 1L of oil in a pot or deep pan to 180 degrees Celsius. Dust each fillet with plain flour then dip into the batter, letting excess drip off. Carefully lower into the hot oil. Fry in batches of 3-4 fillets for about 4-5 minutes until golden brown and crispy.
4. Transfer to cooling rack and drain (alternatively let it cool on paper towel if no cooling rack). Sprinkle with a bit of salt and transfer to serving plate.
5. In a saucepan, heat 1tbsp vegetable oil till smoking point and fry the onion, capsicums and pineapple for 2-3 minutes until slightly charred but not fully cooked. Remove to a bowl and set aside.
6. In the same saucepan, add another tablespoon of oil and ginger slices and sauté till fragrant. Add fish stock and bring to a boil to release the ginger essence into the sauce.
7. After boiling for 2 minutes, add tomato ketchup, vinegar, sugar and oyster sauce and mix well. Let sauce boil for another 2 minutes to slightly reduce and thicken.
8. Add the charred onion, capsicums and pineapple back to the sauce and simmer for 2 minutes to

release its flavour into the sauce.

9. Add in chopped spring onions, stir well, and pour on top of beer battered fish and serve.