

Sweet & Sour Fish



Sirve:

8 servings

Pieza:

6 Qt. Grand Gourmet with Cover (Limited Edition)
Saladmaster Food Processor
small mixing bowl

Valora: ★★★★★☆

Contribuido por:

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Descripción de la Receta:

Sweet and sour preparations are popular in Filipino cuisine. Pork, chicken, seafood, beef and fish are all prepared with regional variations. Sweet and sour fish is often made with a whole fish or breaded and fried. This Filipino inspired dish steams fish in sauce producing a lighter and lower fat meal. Serve this with rice, quinoa or a side of green vegetables.

2 lbs
cod or halibut filet, cut into 8 portions
½ tsp
natural salt
(2
g)
pinch pepper, ground
1 medium
onion, sliced, use Cone #4
2 each
sweet pepper, sliced, use Cone #4
2 each
carrot, scrubbed, strung, use Cone #2
5 cloves
garlic, shredded, use Cone #1
1 tbsp

ginger, shredded, use Cone #1

(6

g)

¼ cup
tamari

(72

g)

¼ cup
coconut vinegar or apple cider vinegar

(64

g)

¼ cup
water or fish stock

(64

g)

¼ cup
natural sugar, or maple syrup

(61

g)

2 tbsp

cornstarch or arrowroot powder

(6

g)

1 large

tomato, ripe, cut into medium dice

Optional: chopped fresh parsley

Preparación :

1. Preheat Grand Gourmet on medium heat for 5 minutes or until water skitters and dissipates.
2. Season fish pieces on both sides with salt and pepper and set aside on clean dish.
3. Sauté onions and peppers for 3-4 minutes. Add carrots, ginger and garlic, stir, cover and cook for 5 minutes until softened.
4. In a small bowl mix together tamari, vinegar, water, sweetener and cornstarch, mix to dissolve cornstarch. Pour mixture over vegetables.
5. Place fish portions on top of vegetables, cover and cook for 4-6 minutes until fish is cooked through and sauce is thickened. (cooking time for fish will vary depending on how thick fish pieces are).
6. Sprinkle chopped tomato over the top of fish along with any juices from tomato and garnish with chopped parsley.

Consejos:

- Substitute water for pineapple juice and add in 1 cup of diced canned pineapple

Calorías: 359

Grasa: 19g

Grasa 3g

Saturada:

Colesterol: 5mg

Sodio: 900mg

Carbohidrato: 12g

Fibra: 1g

Azúcar: 2g

Proteína: 35g
