

The Limehouse Restaurant Recipes  
by Kwan Y. Jung, 1988

## **(22) Sweet and Sour Fish Fillet**

8 oz fish fillet, cut to pieces about 2" x 2"  
1 oz sweet onion, strips cut  
1 oz sweet cucumber, strips cut  
1 ox green bell pepper, slices cut  
1 tablespoon pineapple tidbits  
1 oz carrots, strips cut  
3 tablespoon lemonade powder concentrate  
2 cup water  
1 cup tomato puree  
1 cup sugar  
1 cup vinegar  
1 teaspoon salt  
1/3 cup oil  
Cornstarch solution

To prepare: soak onion, carrot, bell pepper and cucumber in vinegar over night. Drain out.

Dilute the lemonade powder with a small amount of water to make a paste. Marinate the fish fillet with lemonade paste. Steam fish fillet to well done. Set aside.

1. Mix tomato puree, water, salt, vinegar in a pot and add sugar.
2. Bring to boil and add onion, cucumber, bell pepper, pineapple tidbits and carrot.
3. Add cornstarch solution to make a gravy. Lower the heat and make hot sweet and sour sauce.
4. Mix fish fillets with sweet and sour sauce and other ingredients in a dish and serve.

**Kwan's comment: Sweet and Sour Fish Fillet is a great entree in Chinese food.**