



## Flying Fish - Sweet & Sour

(See photo on left)

### Ingredients:

1 packet MAGGI Sweet & Sour Fish Pre-mix  
1 kiwifruit, 1 mango  
1 medium black or white pomfret  
1 tablespoon cornflour for dusting  
salt and pepper

### Method:

Clean and fillet the fish, running a sharp knife through the sides, starting from the tail end. Dust bones with salt, pepper and cornflour. Pat the two fillets dry with a kitchen towel. Cut each fillet into approximately eight pieces, slicing at a diagonal so you get thinner but bigger slices rather than chunks.

### Season fish slices.

(Tip: Put fish into a large zip-lock bag and sprinkle cornflour, salt and pepper. Close the bag and give it a good shake to make sure seasoning is well distributed.)

Prepare the fruit. Dice both kiwi and mango evenly and set aside.

Fry the seasoned bones and fins in shallow oil till golden and crisp. Take special care with the fins as they are the best parts. Kids of

all ages love to crunch them up and they are a good source of calcium. Assemble on the serving plate. Prop up the "wings" with a spoonful of fruit dices under each fin.

Fry fish slices till golden brown. (Use a high fire when you start, but lower it for a crisper, even texture.) Turn up the heat again to get rid of excess oil while you lift the fish. Place fish slices on top of the backbone.

Mix MAGGI Sweet and Sour Fish mix with half cup water and simmer. Pour over the fish. Arrange kiwi and mango in alternate strips across the fish. Wipe up any smears on the side of the plate and serve up a colourful, festive dish. (Total cooking time: 30 minutes)



### Grocery List/Price Guide:

MAGGI Sweet & Sour Fish Mix (\$1.40)

White pomfret (\$8.00)

Kiwi fruit (\$1.00 for 4)

Mango (\$2.30)

Total: \$10.70

(Note: I've used prices from Fairprice supermarkets as they seem the most accessible. If you shop either at the wet markets or other supermarkets, prices may differ by a few cents. Seafood prices are seasonal.)

## Fishing for compliments? Try these tips...

Are you, like me, often unnerved by the rows of cold baleful eyes staring up from the supermarket fish counters? Do you have difficulty refusing to accept expensive recommendations from an insistent wet market fishmonger?

Just how do we choose fish?

Here are a few clinical tips from the experts.

In choosing whole fish, look for bright eyes and a good complexion. Stale fish look dead. Their eyes are dull and lifeless and the skin is flaking off in bits.

Bloodless gills are a dead giveaway as well.

Most supermarkets have ready-dressed fishes that won't require messy removal of gills and innards. These days, wetmarket stalls are offering the same service.

Some fishstall owners will even dress it "flying fish" style if you tell them you want to steam the fish.

Seabass is a good choice for whole fish, although it is best steamed rather than fried.

Pomfrets are a personal favourite. They taste good, look good and have no hard bones to choke on.

Our recipe this week uses a fried pomfret, filleted and sauced with a droll-inducing sweet and sour sauce with fruits.

If your family has very young or older members or if you have a phobia for fish bones, choose fish fillets or fish steaks. Again, go for firm flesh with a healthy sheen.

Threadfin (ikan kurau) fillet is a good choice, and tasty, fried or steamed. Black cod (or snow fish) is an imported addition which also lends itself well to both frying and steaming. One plus point is that cod doesn't dry out if you fry it.

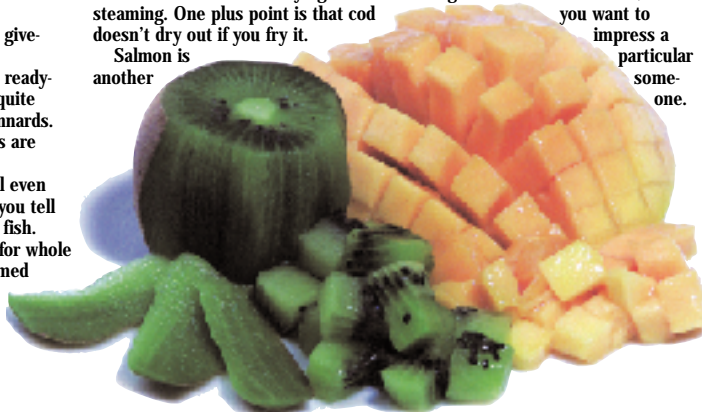
Salmon is another

healthy alternative, although it is a pretty strongly flavoured fish, and you must be careful not to overcook.

Salmon is nice grilled for 10 minutes and topped with a sauce. Try it with a Black Pepper Sauce or diced fruit and the Sweet and Sour Fish mix.

Pour it over the salmon for an easy, classy, healthy meal. Serve it on plain rice to get the best of the juices.

Good for showing off when you have guests for the weekends, or if you want to impress a particular someone.



## PANTRYPOINTERS

Imagination is the key word in a good cook's dictionary. Think of sauce mixes as a shortcut to gourmet cooking.

The safest way is to follow a recipe closely, of course, but the Asian culture of agak-agak (estimate) cooking still applies often.

For the Maggi Sweet & Sour Fish Sauce, adding mango and kiwifruit gives a fruity tang to the dish, departing from the usual garnishes of pineapple and peppers.

For the Black Pepper Beef Sauce recipe, for example, you can use chicken wings instead of beef. Many of us are slowly turning away from red meats, and some readers do not eat beef for health or religious reasons.

One more reason why sauces mixes are useful. Their long shelf-life means you can pick out a variety whenever you go to the supermarket and store them in the larder.

They keep really well, and you don't have to worry about dried-up sauces in the refrigerator.