

Sweet and Sour Fish

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-chive-fish-recipe>

Ingredients:

- 4 tablespoons potato starch or corn starch
- 3 egg yolks
- 1 tablespoon soy sauce
- 3 cups peanut oil for frying
- 1/2 cup chicken stock or clam juice
- 1 tablespoon soy sauce
- 1 tablespoon sugar or more if you want it sweet
- 1 tablespoon chinese black vinegar or malt vinegar
- 2 tablespoons tomato paste mixed with 2 tablespoons water
- 1 teaspoon potato starch
- 1 1/2 pounds fish skinless, cut into into bite-sized pieces
- 3 tablespoons peanut oil lard or vegetable oil
- 8 chiles dried hot, use less if you don't want it spicy, broken in half and seeds shaken out
- 2 inches ginger piece of, peeled and minced
- 3 garlic cloves sliced thin
- 3 tablespoons chopped chives
- 2 teaspoons sesame oil

Nutrition:

1. Calories: 1890 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 260 milligrams
4. Fat: 188 grams
5. Fiber: 1 grams
6. Protein: 37 grams
7. SaturatedFat: 33 grams
8. Sodium: 660 milligrams
9. Sugar: 5 grams

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