

## Sweet and Sour Fish - Chef Matt Marcus

2 T olive oil + 1/2 cup

2 medium onions, cut into slices - 3 cups total

1 T ground coriander

1 red pepper and 1 yellow pepper, seeded, cut into thin strips - 3 cups total

3 cloves garlic, lightly smashed

3 bay leaves, whole

1.5 T curry powder or more to taste

2 cups grape tomatoes, quartered, excess seeds removed

2.5 - 3.5 T sugar to taste

5 T apple cider vinegar

1 lb of either cod or tilapia or any other white fish, cut into 4 equal portions

1 c all purpose flour seasoned with 1/2 t salt, 1/2 t pepper and 1/2 t garlic powder or more to taste

2 eggs, beaten

1/2 c cilantro, leaves only, lightly chopped

salt

fresh ground pepper

1. Heat 2 T of olive oil in a black skillet or non Teflon pan over medium heat. Add sliced onions and season with the coriander. Cook 5 minutes until onions are translucent and golden, stirring occasionally
2. Add sliced peppers and continue cooking for 8 - 10 minutes until peppers are soft. Add garlic, whole bay leaves, curry powder and tomatoes and cook for another 5 - 8 minutes, stirring occasionally
3. Add sugar, vinegar, 1 t of salt and some cracked pepper. Continue cooking for 3 - 5 minutes. Remove onions and peppers to a dish and set aside
4. Place seasoned flour into shallow dish
5. Place beaten eggs into shallow dish
6. Heat 1/2 cup olive oil to medium high in skillet used above. Meanwhile, sprinkle the fish with some salt and dip in the seasoned flour, shaking off any excess. Next, dip floured fish into the egg, shaking off excess
7. Place fish in heated fry pan and fry until fish is done on one side, flip, and continue frying on the other side. Transfer fish to paper towels to absorb excess oil
8. Place fish back into fry pan arranging sautéed vegetables around the fish. Add enough water to just immerse the fish, about 1/2 - 3/4 cup. Simmer for 5 minutes then allow dish to cool.
9. Taste sauce for seasonings
10. Enjoy fish at room temperature or can be refrigerated for 2 days and served chilled or room temperature, topping with cilantro leaves before serving
11. Serve with chunks of bread or tortilla wrappers