

# MEMORIES RECIPES

## SQUIRRELFISH

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### INGREDIENTS

Sea bream	Onion
Peas	Corn
Carrots	Bell pepper
Ketchup	Flour
Sugar	Vegetable oil
Soy sauce	

### PREPARATION OF THE FISH

Carefully scale, bone and chop the fish.  
Pass the fish through the flour to separate the pieces of fish still attached to the skin.  
Fry in the vegetable oil.

### PREPARATION OF THE SAUCE

Peel and chop carrot, onion, and bell pepper.  
Sauté the onion and garlic.  
Add the ketchup and the soy sauce.  
Add and simmer all the vegetables.

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