
How do you make \"sour\" sauce

Posted by patitwaru - 2008/04/22 09:39

Does anyone have a good recipe on how to make a sour sauce??:woohoo:

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Re:How do you make \"sour\" sauce

Posted by Shelly - 2008/08/10 18:36

Hey Buffet Queen,

I got a recipe for mango sour from a family friend. I will post it soon. Enjoy!

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Re:How do you make \"sour\" sauce

Posted by hendlycruse - 2010/10/27 03:25

Trim the monkfish of skin and any discoloured parts. Slice into slender medallions so that there are five or six pieces per person. Toss each piece of monkfish in the five spice powder so that it is lightly covered. Beat the egg white until it is at the soft peaks stage. Beat the flour and milk together with salt and pepper to taste and once it is smooth and free of lumps, add the beaten egg white. This mixture should be the consistency of double cream. Dip each piece of monkfish into the batter and deep fry in the very hot oil two or three pieces at a time. They should take 1 - 2 minutes to cook. Drain on kitchen paper and serve with the sweet and sour sauce poured around the beignets (not over the top as this might make the batter soggy). For the sweet and sour pepper sauce see seperate recipe. Converted by MC_Buster. Per serving: 28 Calories (kcal); 1g Total Fat; (41% calories from fat); 2g Protein; 2g Carbohydrate; 5mg Cholesterol; 33mg Sodium Food Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 0 Fat; 0 Other Carbohydrates Converted by MM_Buster v2.0n.

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