

Stir-Fried Cobia and Peppers

1 lb fresh cobia filets
4 tablespoons cornstarch
1 medium size red pepper
1 medium size green pepper
1 16 oz can pineapple chunks (with juice)
1/4 cup soy sauce
1/4 cup catsup
1/4 cup honey
3 tablespoons vinegar
3 tablespoons dry sherry
3 tablespoons cooking oil
Hot Cooked Rice

Cut fish into 1 inch pieces. Coat with 3 tablespoons of cornstarch; set aside. Cut peppers into 3/4 inch pieces, set aside. Drain pineapple (reserving juice). Combine pineapple juice, remaining 1 tablespoon of cornstarch and a dash of pepper. Stir in soy sauce, catsup, honey, vinegar and dry sherry, set aside. In a wok or big frying pan cook fish in hot oil for 1 minute on each side, remove fish from skillet.

Add peppers and stir-fry for 2 minutes. Remove peppers. Add pineapple juice mixture to skillet; cook and stir until thick and bubbly. Add pineapple to skillet; stir in fish and peppers. Heat for about 1 minute more. Serve over hot cooked rice.