



Bacalao Recipe (Party)

Preparation Time	480
Cooking Time	40
Serving Size	25

Ingredients:

- 2 1/2 kgs daing, labahita, soaked in enough water overnight in the refrigerator
- 1 1/4 cups water
- 1 cup oil
- 1 2/3 cups garlic, chopped
- 1 pouch DEL MONTE Original Style Tomato Sauce (1kg)
- 1 cup DEL MONTE Tomato Paste
- 5 cups potato, cut into cubes
- 2 1/2 cups garbanzos, canned, peeled
- 1 1/4 cups pimiento, cut into strips
- 1 2/3 cups bell pepper, red, cut into strips
- 1/4 tsp pepper

Preparation:

1. Drain water from the daing. Remove bones from daing. Cut flesh into large cubes then add water. Cover and simmer over low heat for 5 minutes. Drain. Set aside.
2. Sauté garlic until just wilted. Add DEL MONTE Original Style Tomato Sauce, DEL MONTE Tomato Paste, and remaining ingredients. Bring to boil, cover and simmer for 15 minutes.
3. Add the cooked daing. Simmer for another 10 minutes.

Chef's Tip

Soaking the daing in water overnight removes the excess salt from the dried fish. It also brings back the moisture to fish and makes it more pliable.

Lusog Notes

Fish is a good source of protein that helps repair of body tissues. This Bacalao dish is also a source of calcium that is good for bones and teeth and iron for making red blood cells that carry oxygen around the body.

Cooking Skills Needed

- Sautéing
- Simmering

Cooking Tools

- Measuring Cups
- Spatula
- Chopping Board
- Measuring Spoon