



## Breaded Tahong Estofado Recipe

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**Preparation Time**

**15**

**Cooking Time**

**70**

**Serving Size**

**6**

### Ingredients:

- 1 kg tahong, boiled (reserve 1/2 cup broth) and shells removed
- 1 Tbsp calamansi juice
- 1/2 tsp salt
- 1/4 tsp pepper, black
- 2 pc egg, lightly beaten
- 1/2 cup breadcrumbs
- 1 cup oil, for deep-frying
  
- 1/2 cup margarine
- 1/2 Tbsp garlic, crushed
- 1/3 cup onion, chopped
- 1 pouch DEL MONTE Original Style Tomato Sauce (250g)
- 1/4 cup DEL MONTE Original Blend Ketchup
- 1/2 cup tahong broth
- 1/2 tsp hot sauce
- 1/2 tsp salt
- 1/4 tsp pepper, black
- 1/3 cup bell pepper, red, cut into strips
- 1/3 cup bell pepper, green, cut into strips

### Preparation:

1. Marinate tahong in calamansi juice, salt, and pepper for 30 minutes.
2. Dip each piece in egg and roll in bread crumbs. Deep-fry until golden brown. Set aside.
3. Sauté garlic and onions in margarine. Pour in DEL MONTE Original Style Tomato Sauce, DEL MONTE Original Blend Ketchup, and tahong broth. Season with hot sauce, salt, and pepper. Bring to boil then simmer for 5 minutes.
4. Stir in tahong and bell peppers. Simmer until cooked.

### Chef's Tip

After cooking the tahong in water, discard any shells that did not open as these are dead shellfish that might cause illness.

### Lusog Notes

This Breaded Tahong Estofado dish is high in both vitamin A that is important for the normal structure and functioning of the skin and vitamin B1 that helps convert food into energy.

### Cooking Skills Needed

- Boiling

## Cooking Tools

- Chopping Board
- Pot

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