



Daing Na Bangus Recipe

Preparation Time	05
Cooking Time	00
Serving Size	10

Ingredients:

- 3/4 cup DEL MONTE Red Cane Vinegar
- 1 1/2 tsp salt
- 1 tsp peppercorn, crushed
- 1/3 cup garlic, crushed
- 1 kg bangus, sliced daing style (butterfly cut)

Preparation:

1. Combine ingredients for marinade.
2. Arrange bangus slices in a container. Pour marinade. Cover and store in refrigerator at least overnight. Turn at least once.

Chef's Tip

This recipe freezes well too. Instead of marinating overnight, marinate for 30 minutes then drain the fish. Place in ziplock bags and freeze.

Lusog Notes

This recipe is high in protein that is important in the maintenance and repair of body tissues and niacin which helps improve circulation and supports metabolism.

Cooking Tools

- Casserole
- Chopping Board
- Measuring Cups
- Measuring Spoon