



## Escabecheng Galunggong Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>13</b>
<b>Serving Size</b>	<b>5</b>

### Ingredients:

- 1/2 cup oil, for frying
- 350 g galunggong, cleaned
- 2 Tbsp oil
- 2 Tbsp ginger (cut into strips)
- 1/2 cup onion, red (sliced)
- 1 Tbsp garlic (crushed)
- 2 Tbsp bell pepper, red (cut into 2-inch strips)
- 2 Tbsp bell pepper, green (cut into 2-inch strips)
- 1/4 cup vinegar
- 1/4 cup sugar, white
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (90g)
- 1/2 cup water
- 1 1/2 tsp salt

### Preparation:

1. Heat oil in a pan, fry fish until cooked. Set aside.
2. In a separate pan, sauté ginger, onion, garlic, and bell pepper.
3. Add vinegar, sugar, and DEL MONTE Filipino Style Tomato Sauce. Simmer for 2 minutes.
4. Add water then season with salt. Cook for 2 minutes or until sauce thickens.
5. Toss fish with sauce right before serving.

### Chef's Tip

### Lusog Notes

### Cooking Skills Needed

- Sautéing
- Simmering
- Slicing

### Cooking Tools

- Chopping Board
- Spatula