



## Fish Barbecue Recipe

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Preparation Time	60
Cooking Time	11
Serving Size	4

### Ingredients:

#### FOR THE MARINADE

- 1 pouch DEL MONTE Filipino Style Tomato Sauce (90g)
- 1 Tbsp garlic, crushed
- 1/2 tsp ginger, minced
- 1 tsp sugar, brown
- 1/2 tsp calamansi juice
  
- 350 g cream dory fillet
- 1/4 tsp salt
- 1/8 tsp pepper, black
  
- 3 Tbsp oil, for pan-grilling
- 250 g potato, sliced
- 1/8 tsp salt
- 2 cups oil, for deep-frying

### Preparation:

1. Marinate fish for 1 hour in the refrigerator. Season with salt and pepper.
2. Pan-grill fish in oil until cooked on both sides. Set aside. Reserve pan with marinade.
3. Season potatoes with salt. Deep-fry until cooked. Transfer to reserved pan, then stir to mix with the sauce. Serve with fish.

### Chef's Tip

Season fish and meats just before grilling as the salt will draw out the moisture from food and will dry it out if added too early.

### Lusog Notes

Fish is a good source of protein that helps repair body tissues. This dish is also a source of vitamin C that helps in healing wounds and keeping gums healthy.

### Cooking Skills Needed

- Pan-Grilling
- Slicing
- Frying

## Cooking Tools

- Chopping Board
- Measuring Spoon
- Measuring Cups
- Spatula

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