



Fish Barbecue Recipe

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