



Fish Estofado Recipe

Preparation Time	15
Cooking Time	47
Serving Size	5

Ingredients:

- 1/2 kg labahita fillet, fresh, filleted, and cut into chunks

FOR THE MARINADE

- 1 Tbsp calamansi juice
- 2 tsp soy sauce

- 1/4 cup cornstarch
- 1/2 cup oil, for frying

- 2 Tbsp oil
- 1 Tbsp garlic, crushed
- 1/2 cup onion, sliced
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (200g)
- 1 cup water
- 1/2 tsp salt
- 100 g Baguio beans, sliced
- 1/4 cup bell pepper, red, cut into strips
- 1/4 cup bell pepper, green, cut into strips
- 1 cup banana, saba, sliced then fried
- 1 cup kamote, cut into chunks and fried

Preparation:

1. Marinate fish for 15 minutes.
2. Toss in cornstarch, then fry until golden brown. Set aside.
3. Sauté garlic and onion. Add DEL MONTE Filipino Style Tomato Sauce, water and salt. Simmer for 10 minutes. Add Baguio beans and bell peppers. Simmer for 5 minutes. Stir in fish, saba, and kamote just before serving.

Chef's Tip

When pan-frying the labahita, the oil should come up to one third to halfway up the side of the labahita to achieve even doneness.

Lusog Notes

This Fish Estofado dish is a source of iron and vitamin A. Iron is necessary for normal metabolism and vitamin A helps maintain healthy vision.

Cooking Skills Needed

- Slicing

Cooking Tools

- Chopping Board
- Pot

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