



Fish Menudo Recipe

Preparation Time	20
Cooking Time	35
Serving Size	8

Ingredients:

FOR THE MARINADE

- 2 Tbsp calamansi juice
 - 2 Tbsp soy sauce
 - 1/2 tsp salt
 - 1/2 tsp pepper, black
-
- 600 g dorado fillet, cut into 1 x 1-inch chunks
 - 1/3 cup flour, all-purpose
 - 2 cup oil, for deep-frying
-
- 2 Tbsp oil
 - 1/2 cup onion, red, chopped
 - 1 Tbsp garlic, minced
 - 1 cup carrot, cut into 1/2 x 1/2-inch cube
 - 1 cup potato, cut into 1/2 x 1/2-inch cube
 - 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
 - 1/2 cup water
 - 1 cup bell pepper, red, cut into 1/2 x 1/2-inch cube
 - 1/2 tsp salt
 - 1/2 tsp pepper, black

Preparation:

1. Marinate fish with calamansi juice, soy sauce, salt and pepper. Dredge thinly with flour then deep-fry for 3 minutes then set aside.
2. Sauté onion and garlic. Add carrots, potatoes and DEL MONTE Original Style Tomato Sauce then cook until half-done.
3. Add water, bell pepper and fish then season with salt and pepper. Cook until vegetables are done.

Chef's Tip

Thinly coat the fish with flour to keep it from sticking to the pan as you fry and also to give it a thin crispy crust which will keep it from getting soggy in the sauce later on.

Lusog Notes

This Fish Menudo recipe is high in vitamin A that helps protect one from infections and promotes growth and development. Vitamin A also helps keep healthy skin and normal vision.

Cooking Skills Needed

- Slicing

Cooking Tools

- Chopping Board

© Copyright 2025 Del Monte Phillipines, Inc.