



## Piña Paksiw Na Bangus Recipe

---

<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>15</b>
<b>Serving Size</b>	<b>8</b>

### Ingredients:

- 500 g bangus, cleaned and each piece sliced diagonally into 4
- 2 1/2 Tbsp garlic, crushed
- 2 1/2 Tbsp ginger, sliced and pounded
- 1/2 tsp peppercorn, black
- 1/3 cup DEL MONTE Red Cane Vinegar
- 1 cup water
- - salt, to taste
- - patis, to taste
- 1 can DEL MONTE Pineapple Chunks (227g)

### Preparation:

1. Combine all ingredients except DEL MONTE Pineapple Chunks. Season with salt or patis to taste. Bring to a boil and simmer for 12 minutes or until fish is tender.
2. Add DEL MONTE Pineapple Chunks with syrup. Simmer for 3 - 5 minutes.

### Chef's Tip

Bangus is a delicate fish and overcooking it will cause it to fall apart. To know if the fish is cooked, check the color of the fish. It will turn opaque when cooked.

### Lusog Notes

This is a low fat dish and is a source of niacin that promotes normal digestion and healthy skin.

### Cooking Skills Needed

- Simmering

### Cooking Tools

- Pot
- Chopping Board
- Wooden Spatula