



Piña Paksiw Na Bangus Recipe

Preparation Time	10
Cooking Time	15
Serving Size	8

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