



## Sinuglaw Recipe

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<b>Preparation Time</b>	<b>20</b>
<b>Cooking Time</b>	<b>15</b>
<b>Serving Size</b>	<b>4</b>

### Ingredients:

- 250 g pork, liempo
- 1 tsp salt
- 1/4 tsp pepper, black
  
- 1 Tbsp tabon-tabon
- 2 Tbsp calamansi juice
  
- 250 g tuna, fillet, cut into 1/4-inch cubes
- 2 Tbsp DEL MONTE Red Cane Vinegar
- 1/8 tsp salt
- 1/8 tsp pepper, black
- 1 pouch DEL MONTE Pineapple Tidbits (115g)
- 1/3 cup bell pepper, red, diced
- 1 1/2 Tbsp onion, red, chopped
- 1 pc siling labuyo, sliced
- 1 Tbsp ginger, chopped
- 1 pc siling haba, seeded and sliced
- 1/2 cup cucumber, sliced with peel
- 1 Tbsp green onions (optional), chopped

### Preparation:

1. Season pork with salt and pepper. Charcoal/pan-grill until cooked, slice into half inch strips and set aside.
2. Mix grated tabon tabon with half of calamansi juice. Press and strain. Set aside juice and discard tabon-tabon pulp.
3. Combine fish, DEL MONTE Red Cane Vinegar, salt, and pepper. Let stand for 15 minutes in refrigerator.
4. Add DEL MONTE Pineapple Tidbits with syrup, remaining calamansi juice and remaining ingredients except the pork.
5. Top with grilled pork slices before serving.

### Chef's Tip

Tabon-tabon is a tropical fruit used to give a sour-bitter taste to food. When the pulp is grated and mixed with the calamansi juice, the sap turns milky white and gives a unique sour-sweet taste that is perfect for fish.

### Lusog Notes

This dish is high in vitamin B1 that helps convert food into energy and niacin that promotes normal digestion and healthy skin.

### **Cooking Skills Needed**

- Grilling
- Mixing

### **Cooking Tools**

- Measuring Cups
- Strainer
- Chopping Board
- Measuring Spoon
- Spatula