



Special Rellenong Bangus Recipe

Preparation Time	10
Cooking Time	50
Serving Size	10

Ingredients:

- 1 kg bangus, boneless (approximately 2 pieces)
- 1/4 cup onion, red, minced
- 1/2 cup carrot, minced
- 2 Tbsp raisins
- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- 2 pc egg
- 2 Tbsp celery, minced
- 2 Tbsp calamansi juice
- 2 Tbsp soy sauce
- 1/2 tsp pepper, black
- 2 Tbsp pickle relish
- 1/2 cup cheese, processed, grated

Preparation:

1. Scrape the meat of the boneless fish. Let it steam for 10 to 15 minutes.
2. Mix all together the onion, carrots, raisins, DEL MONTE Original Style Tomato Sauce, egg, celery, calamansi, soy sauce, pepper, pickle relish, and cheese.
3. Strain well the steamed fish. Mash the meat. Add the fish in the marinade mixture.
4. Fill the mixture back into the skin of the bangus.
5. Steam the fish for 5 to 10 minutes just to let it set.
6. Fry the fish until the skin is golden brown.

Chef's Tip

To keep the stuffing inside, secure the sliced side with a couple of toothpicks to keep it in place.

Lusog Notes

This dish is high in protein needed for the growth, development, and repair of body tissues. It is also high in vitamin A which is important for the normal structure of the skin and keeps the immune system healthy.

Cooking Skills Needed

- Mincing
- Steaming
- Scraping

Cooking Tools

- Steamer
- Frying Pan
- Fish Turner
- Chopping Board

- Grater