

# spanish-style bangus

Smoked, stuffed, marinated... there are so many ways to enjoy this versatile fish. This recipe highlights the very best things about bangus: its tender meat and mouthwatering belly fat.

## INGREDIENTS

½ kg bangus belly, sliced  
 1 tsp salt  
 1 cup Golden Fiesta Soya Oil  
 1 ½ tsp salt  
 ¼ tsp ground black pepper  
 1 Tbsp Datu Puti Vinegar  
 1 Tbsp Datu Puti Soy Sauce  
 1 Tbsp juice from sweet pickles  
 1 tsp tomato paste  
 2 cloves garlic, sliced  
 2 bay leaves  
 ½ tsp black peppercorn  
 2 siling labuyo, halved  
 ¼ cup carrots, sliced  
 ¼ cup sweet pickles, sliced

## PROCEDURE

**1** Season bangus belly with salt.  
**2** In a thick pot, combine **Golden Fiesta Soya Oil**, salt, black pepper, **Datu Puti Vinegar**, **Datu Puti Soy Sauce**, juice from sweet

pickles, tomato paste, garlic, bay leaves, black peppercorn, and siling labuyo. Simmer oil in the lowest heat possible for about 10 minutes. Stir the oil continuously until seasonings are dissolved. Turn off fire and let oil cool, until it reaches room temperature.

**3** In non stick frying pan, arrange the bangus slices, carrots, and pickles. Pour the flavored oil. The oil should completely cover the fish. Turn on the flame at the lowest setting. Simmer for another 15 minutes or until bangus meat turns white, which indicates that the fish is cooked  
**4** Turn off the heat and allow it to cool completely before serving.

**TAKES** 40 MINUTES + COOLING OF OIL

**MAKES** 4 TO 5 SERVINGS



**SKILL BOOSTER** This recipe uses the simmering cooking technique. The lowest possible heat setting should be used to ensure that oil will simmer—you will see the oil bubble but it should not smoke.

