

Milkfish Belly Stewed in Vinegar Recipe **(Paksiw na Tiyan ng Bangus Recipe)**

Ingredients: Serves 4-6

1 small bitter melon (ampalaya), about 100 g, sliced about 1 cm thick
2 small aubergines (eggplants), about 100 g, sliced diagonally about 1 cm thick
6 fillets milkfish (bangus) belly
250 ml vinegar
125 ml water
2 tablespoons sliced ginger
1 green chili (optional)
Salt and pepper to taste

Method:

In a non-metallic or enamel pan, layer the bitter melon, aubergines and milkfish fillets. Mix together vinegar and water and pour into pan. Add the sliced ginger and chili, if desired, and season with salt and pepper. Cover pan and allow mixture to simmer until fish fillets are fully cooked, about 15 minutes. Serve with rice.

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