

Stewed Vegetable with Fried Fish Recipe (Dinengdeng)

Ingredients:

60 ml oil
2-4 small fish such as hasa-hasa (short mackerel),
galunggong (round scad) or tilapia
500 g chayote, cut into chunks
300 g aubergines (eggplants), sliced into 1-cm pieces
100 g sitaw (snake beans), sliced into 4-cm pieces
2 tablespoons bagoong (shrimp paste)
60 ml water

Method:

Heat oil in a frying pan and fry the fish on both sides until fully cooked. Set aside to cool slightly, then slice. In a large saucepan or casserole, arrange the chayote, aubergines, sitaw and fish slices.

In a small bowl, mix bagoong with water until smooth, then pour into the casserole. Simmer over medium heat until vegetables are cooked but still firm.

Note: Chayote (sayote) is an oval, pale green squash with a small white seed. When boiled, the seed is not only edible, but very delicious. Available in well-stocked supermarkets and Latino or Filipino grocery stores. Zucchini is a good substitute.

[asian_free_recipes_download][[/asian_free_recipes_download]