

## **Stuffed Milkfish Recipe**

### **(Rellenong Bangus)**

#### **Ingredients:**

1 milkfish (bangus), about 700 g  
4 calamansi  
2 tablespoons soy sauce  
2 tablespoons oil for sautéing  
½ medium onion, finely chopped  
3-4 cloves garlic, peeled and diced  
1 small potato, peeled, cubed small and fried to light brown  
100 g green peas  
90 g raisins  
Worcestershire sauce  
Salt and pepper to taste  
1 egg, lightly beaten  
Cornstarch, for dredging  
125 ml oil for deep-frying

#### **Method:**

Slit the fish and clean thoroughly. Scoop out the flesh, being careful not to tear the skin. Pick off all the bones from the milkfish flesh. Set flesh aside. Marinate skin in juice of 3 of the calamansi and soy sauce. Set aside. In a frying pan, heat 2 tablespoons oil and sauté onion until soft. Add garlic and sauté until fragrant. Stir in milkfish flesh and sauté until milkfish flesh is fully cooked. Add diced potato, peas and raisins. Season with a dash of Worcestershire sauce, salt and pepper and juice of remaining 1 calamansi. Stir well to mix. Remove from heat and mix in the egg. Remove fish skin from marinade. Spoon the flesh mixture back into the skin but do not overstuff. Set aside any of the stuffing that won't fit into the milkfish - this can be served separately. Sew the fish with a needle and thread to seal the stuffing in, then dredge milkfish in cornstarch. Heat the 125 ml oil in a wok or frying pan. Fry the whole milkfish in hot oil until golden brown.

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