



Bangus bicol

Ingredients

- 3 lbs bangus belly, sliced into serving pieces
- 1 ½ tablespoons salt
- ¾ cup all-purpose flour
- 1 cup cooking oil
- 1 onion, chopped
- 5 cloves garlic, minced
- 2 thumbs ginger, minced
- 1 tablespoon shrimp paste
- 2 cups coconut milk
- 3 Thai chili peppers
- 3 long green peppers
- Ground black pepper, to taste

Instructions

1. Sprinkle the bangus slices evenly with salt and let rest for 3 minutes.
2. Lightly coat each piece of bangus with flour.
3. Heat the cooking oil in a pan over medium heat. Fry the bangus for about 3 minutes on each side until lightly golden. Remove from the pan and set aside.
4. Reserve about 3 tablespoons of oil in the pan. Sauté the onion for 1 minute.
5. Add the garlic and ginger; cook until fragrant and the onion softens, about 1 to 2 minutes.
6. Stir in the shrimp paste and cook for another 30 seconds.
7. Pour in the coconut milk and bring to a boil. Reduce heat to a simmer, cover, and cook for 1 to 2 minutes.
8. Add the chili peppers and season with ground black pepper to taste.
9. Return the fried bangus to the pan and simmer for up to 2½ minutes, allowing the flavors to meld.
10. Transfer to a serving plate and serve hot with steamed rice.