

Easy Fish and Seafood Filipino Recipes

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Milkfish - (Bangus)

Fish and Seafood are staple food in the Philippines. Early Filipinos have their own native way of cooking but their exposure to Spanish, Chinese and American cuisine have caused them to improve, modify and create new and varied ways of cooking. Filipinos have substitute ingredients that are available in the locality to give the dishes the Filipino touch, taste and flavor.

If you like to try some recipes, here are some simple and nutritious way to cook fish and seafood. These recipe are easy to cook, I am not an expert in the kitchen, but I can cook these recipes, if I can cook it, anyone can do it . . . Enjoy!!!

1. Fried Fish Steaks (Fish Sarciado)

INGREDIENTS

- 1 med. sized fish
- 1 tbsp lemon juice
- 1 tbsp garlic minced
- 1 onion chopped
- 2 medium tomatoes, chopped
- 1/4 cup water
- 2 green onions chopped

PROCEDURE:

1. In a bowl sprinkle the fish with salt and lemon juice. Let stand about 20 minutes.
2. In frying pan heat oil and fry the fish until light brown on both sides, remove the fish from the frying pan drain on paper towel and transfer to serving dish and set aside.
3. In another pan, sauté, garlic, onions and tomatoes in 2 tbsp. oil until mushy. Add fish sauce and water.
4. Add the fish to simmering sauce, cover and cook for about 2 minutes, turning fish once. This is to let the flavour infuse into the fish.
5. Arrange the fish on a plate and pour the sauce onto the fish, garnished with chopped green onions. Serve with boiled rice.

If you have left over fried fish, this is one way you can recycle, when I was young, we always have this for dinner , my mum don't like wasting food. Another variation of this dish is to add 1 slightly beaten egg just before turning off the heat.

2. Crabs in Coconut Cream

INGREDIENTS

5- 6 crabs
5 cloves garlic, crushed
1 ginger, size of a thumb, pounded
1 onion, chopped
1-3 pcs of hot chillies
2 cans (400 mls each) of coconut cream
1 small bunch of English spinach, cut into desired size

Salt to taste

PROCEDURE:

- Place crabs in a saucepan. Add garlic, ginger, onion and coconut cream.
 - Bring to boil for 10 minutes while stirring constantly.
 - Let boil until crabs turn reddish.
 - Add English spinach and the chili, cook 2 minutes.
 - Season to taste with salt.
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3. Paksiw - Fish Stewed in Vinegar

Paksiw is a native term for pickling fish or meat. It is cooked in vinegar, salt, ginger and a little water. Ginger is an essential ingredients for fish paksiw. It removes the fishy taste of the fish.

Paksiw can also be cooked with vegetables. The best vegetables that goes well with paksiw are bittermelon, eggplant, okra, the long green chili is a must.

Below is a basic Paksiw recipe.

Milkfish stewed in vinegar / Paksiw na Bangus

INGREDIENTS:

- 1 milkfish , cleaned but with scales
- ½ c vinegar
- 1 cup water
- 1 piece ginger, slightly crushed
- 1 tsp salt.
- 2 long green pepper / chili

PROCEDURE:

1. In a sauce pan, cover the fish with water and vinegar, add the ginger and sprinkle with salt.
2. Bring to a boil, DO NOT STIR.
3. Let it simmer until the fish is done. Add the chili before turning off the heat.
4. Serve with white boiled rice.

4 Camaron Rebosado (Deep Fried Prawns)

INGREDIENTS

- 1 kilo prawn
- 4 eggs
- 1/2 c all-purpose flour
- 1 tsp salt
- 1/4 tsp white pepper

PROCEDURE;

1. Remove heads and skin of the prawn leaving the tails intact.
2. In a bowl beat eggs until thick, add salt,pepper and flour.
3. Dip each prawn in the mixture and deep fry until golden brown
4. Serve with sweet-sour sauce.

5. Mussel Soup

INGREDIENTS

- 3 cups mussels with shell
- 1 ginger - slice into julienne strips
- 1 onion sliced
- Spinach leaves

PROCEDURE:

- Clean the mussels with water
- In a saucepan , saute in oil the ginger and onion, add fish sauce.
- Pour the mussels and then add water until it boils, once the shells are opened, add spinach leaves. Simmer for about 2-3 minutes.
- Add pepper and salt to taste.
- Serve hot

I have added a list of different names of local fishes and shellfishes available in the Philippines. Or if you are using a recipe that calls for a fish which you don't know. I hope this list will be useful.



List of Common Local Fishes

Tagalog Name	English Equivalent
Alumahan	Striped mackerel
Apahap	Sea bass
Asuhos	Whiting
Babansi	Three-lined theraponid
Banak	Long -finned mullet
Bangus	Milkfish
Bidbid	Ten pounder
Bisugo	Ribbon-finned bream
Biya	Flat head goby
Dalagang bukid	Goden caesio
Dilis	Long jawed anchovy
Galunggong	Mackerel Scad
Hasa hasa	Short-bodied mackerel
Hito	Fresh water catfish
Kanduli	Sea catfish
Labahita	Surgeon fish
Lapad	Deep-bodied herring
Lapu-lapu	Spotted gropper
Malaking mata	Big-eyed porgy
Malasugi	Sword fish
Martiniko	Climbing perch
Matang baka	Big eyed scad
Maya-maya	Red Snapper
Oriles	Hard tail
Pampano	Maratini
Salmon	Two-finned runner
Sapsap	Common slipmouth
Talakitok	Banded cavalla
Talilong	Black- finned mullet
Talimusak	Long finned goby
Tamban	Indian sardine
Tanguigi	Spanish mackerel
Tilapia	Tilapia
Tursilyo	Striped baracuda
Tulingan	Tuna, bonito
Tunsoy	Herring



List of common local shellfish

Alamang	Small shrimp
Alimango	Crab
Alimansag	Crab - Spotted variety
Balay	Tongue clam
Kabibi	Clam, black brown shell
Kuhol	Snail
Halaan	Brown with bluish streaked shell
Hipon	Shrimp
Pusit	Squid
Tahong	Salt water mussel
Talaba	Oyster
Talangka	Tiny black crab
Tulya	Common clam
Sugpo	Tiger prawn
Ulang	Fresh water prawn

Reference: *Philippine Cookery and Household hints* by Herminia Villacorta

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