



MAY 11-15

TOPIC: PREPARED SEAFOOD DISHES

SEAFOOD DISHES or FISH

These are distinct food dishes which use seafood (fish, shellfish or seaweed) as primary ingredients, and ready to be served or eaten with needed preparation or cooking completed. A cuisine is primarily influenced by the ingredients that are available locally or through trade.

SAMPLE RECIPE

ADOBONG PUSIT

Start by cleaning the head of Squid. Wash it thoroughly and remove the elastic skin and some round on the head of squid as much as possible. Separate the tent of the squid.

Marinate it in dark coffee. Do this by arranging the squid in a bowl and pour with small amount of vinegar. Let it sit around 10 minutes before cooking.

ADOBONG PUSIT

This is mainly composed of onions, garlic, and laurel the name suggests. It is more of a preparation rather than a sauce at first. It can be added anytime to a dish, but as a completely entity. The sauce for our adobong pusit is assembled as the dish cooks.

INGREDIENTS

- 2 lbs. squid (cleaned)
- 4 t of dark coffee powder
- ¼ cup butter
- 2 T onions chopped
- 1 head garlic minced
- ¼ cup of vinegar
- 1 T of soy sauce
- 1 T of sugar
- Laurel (optional)
- Salt and pepper to taste

PROCEDURE

1. Marinate the squid in coffee powder for about 10 minutes
2. Melt the butter in a pan
3. Add garlic and onions Cook in low heat until the color turns light brown
4. Put in the squid. Adjust heat to high. Stir fry until squid turns black.
5. Season with ground black pepper, salt and laurel;. Stir.
6. Add soy sauce and vinegar. Cook for 30 seconds.
7. Serve hot with presentation. Share and Enjoy!

ACTIVITY

Instructions: Create a Video on How to make “ADOBONG PUSIT”.

1. Follow the ingredients and procedure given.
2. Mis-en place preparation
3. Observe the proper way of handling food.
4. Presenting the food with appropriate garnishes