



Thinking of you  
**Electrolux**



RECIPES by  
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## MAIN COURSE

### SUGBA WITH A TWIST

Sugba means grilled and in our country where we love whole bone-in fish, I like using bangus or milkfish, tuna, or swordfish. When in the States, I like using sea bream or rock cod. I specially devised this way of grilling for balikbayans who can't grill in their homes. Wrapping the fish in banana leaf then baking it in the oven gives the fish a hint of smokiness despite the absence of an open flame. And what's even better, you don't end up smoking up the whole house.

#### INGREDIENTS

500 g	Milkfish (bangus)
1 tsp	Salt
pinch	Pepper
1 tsp	Sugar
1/2 cup	Onions, chopped
1/4 cup	Tomatoes, chopped
1 tsp	Ginger, minced
2 stalks	Lemongrass, crushed
1 pc	Banana leaf

#### Sauce

1/2 cup	Lee Kum Kee soy sauce
1 tbsp	Lime or calamansi juice
1 tbsp	Orange juice
1/2 tsp	Bird's eye chili, chopped
1/2 tsp	Garlic, chopped



#### PROCEDURE

Scale and clean the fish, be careful not to damage the belly fat because this will add flavor. Wash under running water then pat-dry with a clean cloth. Rub all over with salt, pepper, and sugar. Stuff the inside with onions, tomatoes, ginger, and lemongrass. Wrap fish in banana leaves then tie ends with thin strips of banana leaf.

To achieve expert results with ease, place wrapped fish on a baking tray, then roast in your Electrolux oven preheated to 450°F for 30 minutes. To make the sauce, simply combine the ingredients together.