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1. *Pinirito(Fried)*:

<insert image of Fried fish>

To start cooking *Pinirito*(Fried) *na isda,* we must first take notice on the list of materials and ingredients needed to make the most delicious and perfect fish!

***Phase 1***

**Materials needed:**

Frying pan

Fish container

Refrigerator

Spatula (spoon or fork will also do)

Serving Plate

Faucet

Stove

**Ingredients:**

**Get ready**

1 or more Fish (this work for all types of fish)

2 tablespoons of oil

½ teaspoon of salt (each fish)

½ teaspoon of pepper (each fish)

**Phase 2**

Step 1: Get your fish from the refrigerator (if necessary)

Step 2: Cleanse the fish; remove its scales, blood, and gills under the faucet, then store it back in its container.

Step 3: Season the fish with ½ teaspoon of salt. Spread it thoroughly and evenly throughout the whole fish and both of its sides.

Step 4: Season the fish with ½ teaspoon of pepper for more taste. Thoroughly and evenly spread it throughout the whole fish and both of its sides.

Step 5: Get your frying pan ready. Cleanse it thoroughly.

Step 6: Get ready the stove and heat up the frying pan. Leave it there for about 2 minutes.

Step 7: Place around 2 tablespoons of oil. Leave it for about a minute.

Step 8: Now, place the fish slowly in the oil. Lower the fish slowly but surely to make sure you do not get sprinkled by the oil.

Step 9: Wait until one side of the fish is golden brown. Do not touch the fish during the waiting process. This can be quick as 5 minutes or even as long as 20 minutes; watch carefully.

Step 10: Once the side is golden brown, you can now flip the fish. Wait until the other side becomes golden brown.

Step 11: Once the other side becomes golden brown, congratulations! Your fish is now cooked! Now grab the fish by its bottom and slowly bring it over to your plate and it is now ready to serve!

Step 12: Now, turn off the stove. Bring the frying pan under the faucet and soak it in the sink.

Step 13: For your fish container, cleanse all the blood and soak it in the sink.

Step 14: You can now add your favorite sauces and toppings on your fish if you want. Bon Appetit!

*Phase 3:*

In my opinion, this Filipino dish is the quickest to make among our examples and cooking this can save a lot of time whenever you are in a rush. Based from my experience, this is usually my go-to dish during the times that there is no food set on the table. The versability of this dish makes it even more interesting as you can combine it with other types of foods like rice, pasta, nuts, and even vegetables. The only downside of this dish, however, is that it lacks the taste that our other dishes may serve. Overall, I can say this dish deserves an 8/10.

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Sources:

Merano, V. (2019, July 22). *Fried Tilapia Recipe* [Photograph]. Panlasang Pinoy. Retrieved from https://panlasangpinoy.com/filipino-food-fried-fish-tilapia-dish/

Materials needed:

Grilling stove (or kalan with uling)

Aluminum foil (optional)

Fish container

Refrigerator

Spatula (spoon or fork will also do)

Serving Plate

Faucet

Ingredients:

1 or more Fish (this works for all types of fish)

½ teaspoon of salt

Step 1: Get your fish from the refrigerator (if necessary)

Step 2: Cleanse the fish; remove its scales, blood, and gills under the faucet, then store it back in its container.

Step 3: Season the fish with ½ teaspoon of salt. Spread it thoroughly and evenly throughout the whole fish and both of its sides.

Step 4: Get your cooking pot ready. Make sure it is all cleansed and sanitized.

Step 5: Wrap the fish in aluminum foil.

Step 6A (For those using aluminum foil): Get ready the grilling stove and heat up the grills for about 5-10 minutes.

Step 7A: Now place the wrapped fish on the grills. Check from time to time whether one side of the fish starts to smell cooked or whether the side becomes soft, has the slimy texture, and easily pulled.

Step 6B(For those who have no aluminum foil): Get ready the grilling stove and heat up the grills for about 5-10 minutes.

Step 7B: Now place the fish on the grills. Check from time to time whether the fish becomes easily picked up from the grills. Once it is, you will know that that side is cooked.

Step 8: Flip the fish and look out for signs the other side is cooked (based from the previous steps).

Step 9: Once the other side is cooked, congratulations! You just made yourself the most delicious Sinugba (grilled) na isda! Now grab the fish by its bottom and slowly bring it over to your plate and it is now ready to serve!

Step 10: Now, slowly turn off the stove. Cleanse the grills and soak it in the sink.

Step 11: You can now add your favorite sauces and toppings on your fish if you want. Bon Appetit!

In my opinion, this Filipino dish is best made when you have a lot of visitors and they are a huge fan of fish. Grilling the fish is one of the healthiest ways to cook fish as it limits the loss of healthy omega-3 fats, and preserves the essential nutrients fish can provide, as well as it limits the formation of harmful chemical compounds, according to West (2017). The versability of this dish makes it even more interesting as you can combine it with other types of foods like rice, pasta, nuts, and even vegetables. The only downside of this dish, however, is that it lacks the taste that our other dishes may serve. In addition, this way of cooking fish takes the longest out of all the other types of cooking methods we have here. Overall, I can give this fish a 7/10.

References:

West H. (2017, July 6). *What Is The Healthiest Way to Cook Fish?* Healthline. Retrieved from <https://www.healthline.com/health/healthiest-way-to-cook-fish>

1. Paksiw na Isda

Materials:

Stove

Cooking pot

Fish container

Refrigerator

Spatula (spoon or fork will also do)

Serving Plate

Faucet

Ingredients:

2 pieces of fish (about half a pound each

1 knob ginger (sliced and pounded)

6 cloves garlic (skin removed)

½ cup vinegar

2 cups water

1 medium onion

1 small bitter gourd (chopped) -optional

3 pieces finger chili

2 teaspoon salt

1 teaspoon whole peppercorn

½ cup soy sauce

½ cup brown sugar

Step by step process:

Step 1: Get your fish from the refrigerator (if necessary)

Step 2: Cleanse the fish; remove its scales, blood, and gills under the faucet, then store it back in its container.

Step 3: Slice the fish into three parts using a chopping board(optional)

Step 4: Now slice and pound the ginger, take 6 cloves from a piece of garlic and remove its skin, and chop 1 small bitter gourd

Step 5: Heat a cooking pot then pour in vinegar and water

Step 6: Add salt and whole peppercorn then stir. Bring to a boil.

Step 7: Arrange the fish in the pan along with the ginger, garlic, onion, bitter gourd, and finger chili. Add some soy sauce as well. Cover and simmer in low to medium heat for 10 to 12 minutes.

Step 8: Add the brown sugar. Simmer for 2 minutes.

Step 9: Once that is done, congratulations! You just made yourself the most delicious Paksiw na Isda! Now turn off the heat and transfer to a serving plate.

Step 10: Served best with steamed rice. Share and enjoy! Bon appetit!

In my opinion, this way of cooking fish provides the best taste out of all the options that we have here. These are the types of dishes you want to prepare when you have visitors, or if you just want to spend time with your family. You can feel free to modify this dish as well. For instance, you can replace bitter gourd with eggplant as it gives that even more sweet taste and has that aura of a salad. There are almost no downsides to this dish except the fact that it requires a lot of ingredients to prepare. It is not the dish that you want to cook when you are down on money. Overall, I can give this type of dish a 9/10.

References:

Merano, V. (2018, February 2). *Paksiw na Isda Recipe*. Panlasang Pinoy. Retrieved from <https://panlasangpinoy.com/paksiw-na-isda-recipe/#wprm-recipe-container-50354>

Merano, V. (2018, February 2). *Paksiw na Isda Recipe* [Photograph]. Panlasang Pinoy Retrieved from <https://panlasangpinoy.com/paksiw-na-isda-recipe/#wprm-recipe-container-50354>

1. *Tinolang Isda*

Materials:

Stove

Cooking pot

Fish container

Refrigerator

Spatula (spoon or fork will also do)

Serving Plate

Faucet

Ingredients:

2 lbs. Tuna jaw (panga)

1 to 2 cups hot pepper leaves

1 bunch scallions (sliced) – dahon ng sibuyas

2 plum tomato

3 to 5 pieces long green pepper

1 medium yellow onion (sliced)

3 thumbs ginger

1 stalk lemongrass

5 cups water

3 tablespoons fish salt (or 2-4 teaspoons of salt)

Step-by-step:

Step 1: Get your fish from the refrigerator (if necessary)

Step 2: Cleanse the fish; remove its scales, blood, and gills under the faucet, then store it back in its container.

Step 3: Slice the fish into three parts using a chopping board(optional)

Step 4: Heat up the stove

Step 5: Pour water in a soup pot. Let boil.

Step 6: Add ginger, tomato, and onion. Le the water reboil.

Step 7: Add-in the lemongrass. Cover and boil for 5 to 8 minutes.

Step 8: Gently slide-in the Tuna. Cover and cook for 12 to 15 minutes.

Step 9: Add the hot pepper leaves, scallions, long green pepper, and fish sauce (or salt). Stir and cook for 3 minutes.

Step 10: After waiting, congratulations! You just made yourself the most delicious Tinolang Isda!

Step 11: Now gently turn off the heat and transfer the pot to a serving plate. Tastes best with rice.

Step 12: Share and enjoy! Bon appetit!

My Evaluations and Ratings:

In my opinion, this way of cooking fish is one of the best in terms of taste out of all the cooking methods we have here. These are the types of dishes you would want during a family dinner as it is rich in vegetables. This is what your parents would want you to be eating. This type of dish and cooking method is not only exclusive to Fish, however. You can also use this cooking method and other meats as well such as chicken and turkey! The downside of this cooking method, however, is that it requires a lot of preparation time and a lot of materials compared to other cooking methods that we have. Overall, I could give this an 8/10.

References:

Merano, V. (2018, February 9). *Tinolang Isda.* Panlasang Pinoy. Retrieved from <https://panlasangpinoy.com/tinolang-isda/>

Merano, V. (2018, February 9). *Tinolang Isda* [Photograph]*.* Panlasang Pinoy. Retrieved from https://panlasangpinoy.com/tinolang-isda/

Sinigang:

Materials:

Stove

Cooking pot

Fish container

Refrigerator

Spatula (spoon or fork will also do)

Serving Plate

Faucet

Ingredients:

2 lbs fish (sliced)

40g tofu

2 pieces tomato (cubed)

1 cup Daikon radish (sliced)

1 piece onion (wedged)

3 cups spinach

10 pieces okra

2 pieces eggplant (sliced)

2 pieces long green pepper

2 quarts water

2 cup cooking oil

1 ½ tablespoons salt

Fish sauce (or soy sauce) and black pepper to taste)

Step by Step:

Step 1: Get your fish from the refrigerator (if necessary)

Step 2: Cleanse the fish; remove its scales, blood, and gills under the faucet, then store it back in its container.

Step 3: Slice the fish into three parts using a chopping board

Step 4: Sprinkle salt all over the fish slices and then rub all over. Let it stay for at least 15 minutes.

Step 5: Heat oil in a pan. Fry the fish slices until golden brown. Turn it over and perform the same step on the opposite side. Remove fish from the pan. Place in a clean plate. Set aside.

Step 6: Boil water in a large cooking pot. Add tomato, onion, and radish. Continue boiling for 5 minutes.

Step 7: Add the tofu. Stir.

Step 8: Put the fried fish slices into the pot. Let the liquid boil. Adjust the heat between low to medium. Continue boiling for 7 minutes.

Step 9: Add eggplant ang long green peppers. Cook for 3 minutes.

Step 10: Add okra. Cook for 3 to 5 minutes.

Step 11: Season with ground black pepper and fish sauce (or so sauce).

Step 12: Put the fresh spinach into the pot. Cook for 1 to 2 minutes.

Step 13: Once done, congratulations! You have cooked the most delicious Sinigang na Isda! Now Transfer to a serving plate or bowl.

Step 14. Serve warm. Share and Enjoy! Bon Appetit!

My Evaluations and Ratings:

In my opinion this method of cooking was in fact entertaining when I tried it. The number of materials and the amount of time it takes to cook overwhelmed me but all was eventually worth it to the very end. The taste of Sinigang is like that of Paksiw, but with just a few add-ons. These are the types of dishes you want to eat if you want to get some quick vitamins and protein in your belly. Overall, I would give this cooking method a 9/10.