



Tanique Steak With Pineapple Sauce And Tropical Salsa

Preparation Time
Cooking Time
Serving Size

10 mins.
25 mins.
5

Ingredients:

- 350 g tanigue steak
- salt, to taste
- pepper, to taste
- 2 Tbsp oil, for frying

FOR THE SAUCE

- 1 can DEL MONTE 100% Pineapple Juice with Vitamins A, C & E (240ml)
- 1/4 cup butter, cut into small cubes
- salt, to taste
- pepper, to taste

FOR THE SALSA

- 1 can DEL MONTE Pineapple Tidbits (227g), drained
- 1 cup mango, ripe, cut into 1/4-inch cubes
- 1/2 cup onion, red, roughly chopped
- 2 cup singkamas, cut into 1/4-inch cubes
- 1 pc lime, juiced and zest reserved
- 2 Tbsp cilantro, roughly chopped
- salt, to taste
- pepper, to taste

Preparation:

1. Season tanigue with salt and pepper, and then pan-fry in batches.
2. In another pan, heat the pineapple juice over medium fire and reduce until syrupy. Add the butter and turn off heat. Mix until the butter is melted. Season with salt and pepper.
3. In a bowl, mix the pineapple tidbits, mangoes, red onion, singkamas, lime juice, zest, and cilantro.
4. Serve pineapple sauce and salsa with pan-fried fish.

Chef's Tip:

The sauce should be smooth and not split. Be sure to turn off the heat when you add the butter to make sure the cold butter nuggets melt slowly and stay emulsified. When butter is heated too much, the fat from the butter will separate from the water and milk solids, and the sauce will not be smooth.

Lusog Notes:

This dish contains vitamin A that helps maintain normal vision and healthy skin. It is also a source of vitamin B2 that helps break down fat for energy.

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