



Sizzling Bangus with Mushroom Sauce

INGREDIENTS

- 1 pack of 520g *SEAKING Boneless Milkfish (Bangus) Unseasoned*
- 4 tablespoons butter, divided
- 1 small onion, finely chopped
- 1 250-gram can button mushrooms, sliced and liquid reserved
- 2 tablespoons all-purpose flour
- 1 cup canned chicken stock
- 3 tablespoons heavy cream
- 1 tablespoon soy sauce
- sea salt and pepper, to taste
- ¼ cup all-purpose flour
- 3 tablespoons vegetable oil, plus extra for greasing
- 3 tablespoons store-bought toasted garlic chips

COOKING PROCEDURE

Melt 2 tablespoons butter in a small saucepan. Add chopped onions and sliced mushrooms; cook for 5 minutes. Stir in flour.

Slowly pour in stock and reserved liquid (from canned mushrooms) while stirring continuously. Simmer for 5 minutes.

Add cream and soy sauce.

Season with salt and pepper to taste. Cover and keep warm over very low heat.

Lightly season *bangus* with salt and pepper. Coat each piece in flour.

Heat oil in a frying pan. Fry *bangus* in batches over high heat until crisp. Set aside.

Brush sizzling plate with oil and remaining butter. Preheat over a hot flame for about 2 to 3 minutes.

Once very hot, place fried *bangus* on the sizzling plate and pour mushroom sauce over.

Top with garlic chips. Serve immediately.