

Tinolang Tahong

By UlamPinoy

Cuisine: Filipino

Ingredients

- [ ] 1 kg fresh mussels, scrubbed and debearded
- [ ] 1 inch ginger, thinly sliced
- [ ] 1 head garlic, crushed
- [ ] 1 onion, sliced
- [ ] 2 tablespoons fish sauce (patis)
- [ ] 4 cups water (or rice-washing water)
- [ ] 1 bunch chili leaves or moringa (malunggay), or spinach
- [ ] 1–2 long green chilies
- [ ] Salt and pepper, to taste
- [ ] Oil for sautéing

Instructions

1. Sauté the ginger, garlic, and onion until fragrant.
2. Pour in the water and bring to a boil. Season with fish sauce, salt, and pepper.
3. Once boiling, add the mussels. Cover and cook just until the shells open, only about 3 to 5 minutes. Discard any mussels that do not open.
4. Add the chili leaves (or moringa) and the green chilies. Cook one more minute, until the leaves wilt.
5. Adjust the seasoning if needed, and serve immediately while hot.