

Ginataang Bonito

By UlamPinoy

Cuisine: Filipino

Ingredients

- [ ] 1/2 kg bonito (or tuna), cut into steaks
- [ ] 2 cups coconut milk (thick, first-press if available)
- [ ] 1 cup thinner coconut milk (or water)
- [ ] 1 head garlic, crushed
- [ ] 1 onion, chopped
- [ ] 1 inch ginger, thinly sliced
- [ ] 3–5 long green chilies (or bird's eye chili for more heat)
- [ ] 2 tablespoons fish sauce (patis)
- [ ] A little vinegar or calamansi
- [ ] Salt and pepper, to taste
- [ ] Oil for sautéing

Instructions

1. Sauté the garlic, onion, and ginger in a little oil until fragrant and soft.
2. Pour in the thinner coconut milk (or water) and bring to a gentle boil. Season with fish sauce.
3. Add the bonito steaks. Do not stir yet—let them settle and cook partway, about 5 to 7 minutes.
4. Add the thick coconut milk and the chilies. Lower the heat and let it simmer gently until the sauce thickens, about 8 to 10 minutes. Avoid a hard boil so the coconut milk does not curdle.
5. Season with salt, pepper, and a touch of vinegar or calamansi if you would like a hint of tang. Serve hot.