



How to Cook Dinengdeng (Ilocano Style) with Grilled Fish, Saluyot & Labong

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Course: Main Dishes • Cuisine: Filipino

Ingredients

- ☐ 1 whole grilled fish (we used sea bream, locally known as dorada—bangus, tilapia, or galunggong all work)
- ☐ 1 bunch saluyot (jute leaves), leaves picked from the tough stems
- ☐ 1 cup labong (bamboo shoots)—canned strips are perfectly fine
- ☐ 8–10 pieces okra, trimmed
- ☐ 1 pack shimeji mushrooms, bases trimmed and separated
- ☐ 2–3 tablespoons bagoong isda (fermented fish sauce), to taste
- ☐ 1 thumb-size ginger, sliced (optional)
- ☐ 1 medium tomato, quartered (optional)
- ☐ 3–4 cups water or rice washing (hugas bigas)

Instructions

- 1 Grill the fish first until the skin is browned and blistered. That smoky char is what gives dinengdeng its backbone, so do not skip it—an oven grill or a stovetop pan works if you have no coals.
- 2 Bring the water to a boil in a pot and drop in the ginger and tomato. Let them soften for a few minutes so the broth has some sweetness.
- 3 Season the broth with bagoong isda. Let it boil briefly to take off the raw edge, then taste—the bagoong is your salt, so build it up slowly.
- 4 Add the labong first and simmer for a few minutes. If you are using canned strips, rinse them well beforehand.
- 5 Add the okra and shimeji mushrooms. Simmer just until the okra turns a deeper green and the mushrooms go tender.
- 6 Slide in the grilled fish and let it warm through, spooning broth over the top. Keep the heat gentle so the fish stays in one piece.

- 7 Add the saluyot last and cook for only a minute or two. The leaves wilt fast and turn silky—overcooking them dulls both color and texture.
- 8 Taste one final time, adjust with a little more bagoong, and serve hot with plenty of rice.

Recipe Notes

1. Feel free to swap any of these based on what you have.