

Simply scrumptious! This is a fast easy meal to prepare. Sever this with bread sticks and some crackers, and you wont have any left overs.

Fish Chowder - Sinigang Na Isda

- 1 lb. tomatoes
- 1 cup thinly sliced onions
- 2 cups water
- 3 cups bottled clam juice
- 1/4 tsp. dried ground chili peppers
- 1 1/2 lbs. fillet of mackerel
- 1 cup shredded watercress or spinach

Combine the tomatoes, onions, water, clam juice, and chili peppers in a saucepan; bring to a boil and cook

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over low heat 10 minutes. Cut the fish in bite-size pieces and add to the soup; cook over low heat 10 minutes. Add the watercress; cook 1 minute. Taste for seasoning and serve immediately. If you want to cook the soup ahead of time, add the watercress 1 minute before serving to avoid overcooking.



Whichever of the following cooking methods you choose; your mackerel will be cooked when its flesh becomes opaque but still moist, and can easily be pierced with a fork. To tone down strong-tasting mackerel, marinate in a citrus or vinegar marinade for 15 to 30 minutes.

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