



Pancit Luglug ala Mega Sardines

By: Mega Bida sa Kusina Special Prize Winner Clariza Manuel

INGREDIENTS:

For the noodles:

½ kg thick rice noodles or bihon noodles

Water

For the sauce:

150 g crab meat

150 g crab fat (aligue)

2 cans Mega Sardines in Tomato Sauce, separate the sauce from sardines, (sardines should be flaked, 1 can for sauce mixing and 1 can for toppings)

3 tbsp annatto powder or atsüete

Fish sauce

4 tbsp cornstarch

4-5 cups water

4 cloves garlic

1 red onion, minced

Cooking oil

For the toppings:

Shrimps, with skin on
Squid, sliced into rings
Mussels, with shell on
Mega Sardines, flaked
Pork crackling (chicharon), crushed
Spring onions, chopped
Hard boiled eggs, sliced
Fried garlic
Lemon, sliced

PROCEDURES:

1. Cook the rice noodles in boiling water. Once cooked, drain and set aside.
2. In a pot, bring 2 cups of water to a boil and add the shrimps, mussels and squid. Once cooked, drain and set aside.
3. Remove the shell from the shrimps and set the meat the aside. Chop the shells from the shrimp until the juice comes out.
4. Remove the shell from the mussels and set aside as well.
5. In a blender, mix together crab meat, crab fat, boiling water, annatto powder, fish sauce and blend for 1 minute. Remove from the blender and set aside.
6. In another pan, sauté garlic and onion. Add in the crab meat mixture and the flaked sardines.
7. In a medium sized bowl, mix together cornstarch and water. Stir until lumps disappear. Add into the crab meat mixture in the pan. Let it simmer until sauce thickens. Add a bit of water if needed. Bring it to a boil and remove from pan.
8. Pour in onto the top of the cooked rice noodles. Add the seafoods, pork crackling, spring onions, egg, flaked Mega Sardines and fried garlic.
9. Add a few drops of calamansi juice and serve!

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