

## Adobos Around 'Pinas

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Adobo is the quintessential Filipino dish. The most basic recipe of adobo is anything cooked in vinegar and soy sauce, seasoned to taste. It is a traditional meal that has been a food staple in almost all Filipino households. But even though almost all Pinoys have tasted at least one kind adobo in their lifetimes, it is also likely that each one has tasted a different kind of adobo. Let's take a look at some of the different adobo recipes you can find all over the Philippines:



### **Classic Adobo**

The traditional adobo recipe is cooked with either chicken, or pork, or both, with soy sauce, vinegar, bay leaves, and peppercorns. This is the most common way of cooking adobo in most parts of the Philippines. Through the years, pineapple tidbits have been added to the recipe creating a sweeter version of the [dish](#).

### **White Adobo (Adobong Puti)**

The adobong *puti* is cooked without the soy sauce, and just vinegar. This recipe is usually made with chicken and served most commonly around Central Luzon, in the province of Pampanga.



### **Red Adobo (Adobong Pula)**

Usually served in the southern regions of Batangas and Iloilo, this adobo recipe makes use of *atchuete* or annatto extract. The extract is added to the marinade of the meat, or cooked along with the soy sauce and vinegar. The annatto oil is what gives this dish its reddish hue and slightly peppery flavor.

### **Yellow Adobo (Adobo sa Dilaw)**

With this adobo recipe hailing from the Cavite province, turmeric is added to give the dish a yellowish color. The turmeric also gives this adobo a gingery and much spicier flavor.



### **Adobo with Coconut Milk (Adobong Gata)**

With this adobo recipe, the *gata* or coconut milk is usually served with *sili* or hot peppers. The sweet and creamy *gata* deliciously contrasts with the spicy peppers and the adobo flavor. The adobong gata is common in the South Eastern Bicol region.

No matter where you are in the Philippines, one thing remains consistent: adobo is considered to be one of, if not the most, comforting and delicious home cooked meals.

If you feel like putting a little twist to your usual adobo at home, try adding [Del Monte Pineapple Tidbits](#) to your dish. The pineapples add a sweet flavor to complement the savory adobo ingredients. And as long as it is served with love and affection, any adobo recipe can be the best version of the dish.

**Sources:**

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*What are the different ways of making adobo?* <https://www.quora.com/Food-and-Cuisine-of-Philippines-What-are-the-different-ways-of-making-adobo>