



Adobong Liempo Recipe

Preparation Time	10
Cooking Time	263
Serving Size	6

Ingredients:

- 750 g pork, liempo, cut into serving portions or 2 x 2-inch chunks
- 1/3 cup DEL MONTE Red Cane Vinegar (47cl)
- 1/4 cup soy sauce
- 1/4 cup garlic, minced
- 1/4 tsp peppercorn, crushed
- 1 pc bay leaf/laurel leaf
- 1/4 tsp salt
- 2 pouch DEL MONTE Pineapple Tidbits (115g)

Preparation:

1. Place all ingredients in a bowl and marinate meat for at least 4 hours in the refrigerator. Drain then reserve marinade. Pan-grill or charcoal-grill meat until done.
2. To make the adobo sauce, pour reserved marinade in a pan and simmer for 8 minutes. Pour over liempo or serve on the side.

Chef's Tip

Marinating the meat in the acid from the pineapple and vinegar tenderizes the meat.

Lusog Notes

This local dish contains protein that is essential for growth and development, and niacin that promotes normal digestion and healthy skin.

Cooking Skills Needed

- Mixing

Cooking Tools

- Sauce Pan
- Chopping Board