



## Asado Pot Roast Recipe

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Preparation Time	15
Cooking Time	140
Serving Size	8

### Ingredients:

- 800 g pork, liempo

### FOR THE MARINADE

- 3/4 cup onion, red, sliced
- 1 Tbsp garlic, crushed
- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 3 Tbsp sugar, brown
- 1/3 cup soy sauce
- 2 pc star anise
- 1 tsp peppercorn, crushed
  
- 2 Tbsp oil
- 3/4 cup water

### Preparation:

1. Mix all ingredients for marinade in a bowl. Marinate pork for 30 minutes.
2. Drain pork from marinade and scrape off excess liquid from the meat.
3. Brown the meat on all sides, skin side down first.
4. When all the sides are browned, add water to the pot, together with the marinade and simmer for 1 hour and 40 minutes or until tender.

### Chef's Tip

Pork liempo is the best cut for this dish as it has enough fat to keep it moist during slow cooking. To achieve a nice shape and promote even cooking of the pork, you may opt to tie every two inches of the pork with string to form a log.

### Lusog Notes

This dish is high in vitamin B1 that helps release energy from food. It also contains niacin that promotes normal digestion and healthy skin.

### Cooking Skills Needed

- Mixing

### Cooking Tools

- Chopping Board
  - Pot
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