



## Braised Pork With Pineapple Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>57</b>
<b>Serving Size</b>	<b>7</b>

### Ingredients:

- 650 g pork, liempo, cut into serving portion
- 1/4 tsp salt
- 1/4 cup oil, for frying
  
- 1/4 cup water
- 2 Tbsp soy sauce
- 1 1/2 Tbsp garlic, crushed
- 1 tsp ginger, minced
- 2 Tbsp rice wine
- 1 can DEL MONTE Pineapple Chunks (227g)
- 1 tsp cornstarch, dissolved in 1 Tbsp water
- 1 Tbsp leeks, sliced
- 1 Tbsp sesame seeds (optional), toasted

### Preparation:

1. Season pork with salt. Brown in oil then drain excess oil.
2. Add water, soy sauce, garlic, ginger, rice wine, and DEL MONTE Pineapple Chunks including syrup. Bring to boil then cover and simmer for 30 minutes or until pork is tender.
3. Add cornstarch mixture. Bring to boil and simmer until thick. Stir in leeks. Top with sesame seeds.

### Chef's Tip

Cook the dish over low heat to slowly tenderize the pork. Pork liempo will not dry out during the long cooking because it has enough fat to keep it moist.

### Lusog Notes

This tasty dish contains vitamin B1 which helps release energy from carbohydrates and niacin that promotes normal digestion and healthy skin.

### Cooking Skills Needed

- Slicing
- Browning
- Toasting

### Cooking Tools

- Chopping Board
  - Pot
  - Wooden Spatula
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