



Braised Spareribs With Pineapple Recipe

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| Preparation Time | 15 |
| Cooking Time | 50 |
| Serving Size | 7 |

Ingredients:

- 650 g pork, liempo, cut into serving portions
- 1/4 tsp salt
- 1/4 cup oil
- 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 tsp water
- 1 stalk leeks, sliced
- 1 Tbsp sesame seeds, toasted (optional)

Preparation:

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

Chef's Tip

Cornstarch is a common thickener. Adding it directly to the hot liquid will cause it to lump together. To use, first dissolve the cornstarch in an equal amount of cold liquid then add to the simmering sauce or soup to thicken.

Lusog Notes

This recipe provides protein that is essential for the growth, maintenance and repair of body tissues and vitamin B1 that helps convert food into energy.

Cooking Skills Needed

- Boiling
- Browning
- Frying
- Simmering

Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Pot

- Spatula

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