



Bringhe Recipe

Preparation Time

10

Cooking Time

51

Serving Size

6

Ingredients:

- 2 Tbsp oil
- 1 3/4 Tbsp garlic, minced
- 1/3 cup onion, chopped
- 375 g chicken, thigh and leg
- 125 g pork, kasim, cut into thin strips
- 1 3/4 Tbsp patis
- 1 pc bay leaf/laurel leaf
- 1/8 tsp oregano, dried
- 1 1/4 Tbsp ginger, pounded
- 1 cup rice, washed and drained
- 1 cup rice, malagkit, washed, soaked and drained
- 65 g sweet ham, cut into thin strips
- 1 1/4 pcs chicken bouillon cube
- 1 3/4 cups coconut milk
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (250g)
- 2 1/2 Tbsp atsuet water, mix 1 Tbsp atsuet with 3 Tbsp of water and allow to sit for 15 minutes then drain
- 1/3 cup bell pepper, green, cut into thin strips
- 1/2 cup coconut cream
- 1 pc banana leaf, heated through
- 1 pc egg, hard-boiled then sliced

Preparation:

1. In a large casserole or wok, sauté garlic, onion, chicken, and pork. Cook until the meats are browned (about 10 minutes). Add patis, laurel, oregano and ginger. Cook for 5 minutes.
2. Add rice, ham, and bouillon cube. Stir continuously. Pour coconut milk, DEL MONTE Filipino Style Tomato Sauce and atsuet water. Cook covered over low heat for 15 - 20 minutes.
3. Add bell pepper and coconut cream. Cook covered for another 10 minutes. When rice is almost dry, cover with banana leaf until rice is fully cooked. To serve, garnish with egg slices.

Chef's Tip

After adding the patis, make sure to scrape the browned bits at the bottom of the pot. These bits are packed with flavor that will go into the rice. It is also important to scrape because these bits may burn during the long cooking.

Lusog Notes

This Bringhe recipe is rich in protein that helps repair body tissues, and iron which is needed in the formation of red blood cells that carry oxygen all over the body.

Cooking Skills Needed

- Sautéing
- Simmering
- Slicing

Cooking Tools

- Chopping Board
- Measuring Cups
- Measuring Spoon
- Pot
- Scooper
- Spatula