



Chicken Tinuom Recipe

Preparation Time	15
Cooking Time	35
Serving Size	5

Ingredients:

- 1 pc banana leaf, washed, to be laid in the pot
- 500 g chicken, thigh and leg
- 2 Tbsp ginger, sliced
- 1 Tbsp garlic, sliced
- 1/2 cup onion, red, sliced
- 2 pcs tanglad, pounded and tied
- 1 liter water
- 1 pc chicken bouillon cube
- 2 Tbsp patis
- 1 pouch DEL MONTE Pineapple Tidbits (200g), drained

Preparation:

1. Lay banana leaves in a pot. Put chicken thigh and leg, ginger, garlic, red onion, tanglad, water, chicken bouillon cube, patis, and DEL MONTE Pineapple Tidbits. Simmer covered until chicken is cooked.

Chef's Tip

The traditional tinuom uses native chicken which is very flavorful and lean. If it is not available, use regular chicken.

Lusog Notes

This regional dish contains iron which is essential for the normal metabolism of the body. It also has niacin that promotes normal digestion and healthy skin.

Cooking Skills Needed

- Draining
- Slicing
- Simmering

Cooking Tools

- Chopping Board
- Measuring Spoon
- Pot with Lid
- Scissors
- Strainer
- Ladle
- Measuring Cups
- Serving Bowl