



## Chicken Tinuom Recipe

---

<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>35</b>
<b>Serving Size</b>	<b>5</b>

### 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