



## Del Monte Garlic Longganisa Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>95</b>
<b>Serving Size</b>	<b>26 pieces</b>

### Ingredients:

- 1 pouch DEL MONTE Original Style Tomato Sauce (200g)
- 250 g tokwa, chopped
- 600 g pork, ground
- 1/3 cup garlic, minced
- 2 tsp salt
- 2/3 cup all-purpose flour
- 1 3/4 tsp peppercorn, black, finely crushed
- 1/3 cup DEL MONTE Red Cane Vinegar (47cl)
- 1/4 cup oil, for frying

### Preparation:

1. Mix DEL MONTE Original Style Tomato Sauce and tokwa together then combine with the other ingredients except oil. Mix well.
2. Form every 1 1/2 tablespoon of mixture into logs like longganisa and arrange on tray. Cover and chill for 1 hour. Fry until cooked.

### Chef's Tip

Sausages need a bit of fat, so that it is moist when cooked. Choose a fatty ground pork for this recipe.

### Lusog Notes

This recipe is a source of vitamin B1 and niacin. Vitamin B1 helps in the energy production of the body while niacin helps keep the digestive and nervous systems healthy.

### Cooking Skills Needed

- Mixing

### Cooking Tools

- Chopping Board