



Economy Embutido Recipe

Preparation Time	10
Cooking Time	83
Serving Size	5

Ingredients:

- 2 pc egg
- 200 g pork, ground
- 2 pc banana, saba, semi-ripe, boiled, peeled and grated
- 2 Tbsp onion, chopped
- 2/3 cup carrot, chopped
- 1/4 cup bell pepper, red, chopped
- 1 Tbsp pickle relish, sweet
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (90g)
- 4 slices bread, white loaf, diced (1 1/3 cups)
- 1 Tbsp soy sauce
- 3/4 tsp salt
- 1/4 tsp pepper, black

Preparation:

1. Boil 1 piece egg. Remove shells. Cut into six wedges. Set aside.
2. Beat remaining egg, combine with remaining ingredients in a bowl. Season with salt and pepper. Mix thoroughly.
3. Place every 3/4 cup of mixture on aluminum foil. Form into a log then flatten a bit. Place 3 strips of cooked egg at the center of meat mixture. Roll then fold ends.
4. Steam for one hour. Let cool then chill overnight. Slice diagonally just before serving. Serve with DEL MONTE Ketchup.

Chef's Tip

Allow the rolls to cool overnight so that it does not crumble when sliced.

Lusog Notes

This recipe is high in vitamin A that helps protect one from infections and promotes normal growth and development.

Cooking Skills Needed

- Mixing

Cooking Tools

- Chopping Board
- Pot