



## Hamonadong Liempo Recipe

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<b>Preparation Time</b>	<b>725</b>
<b>Cooking Time</b>	<b>107</b>
<b>Serving Size</b>	<b>10</b>

### Ingredients:

- 2 tsp salt
- 1 cup sugar, white
- 1 kg pork, liempo, boneless
  
- 2 Tbsp oil
- 1 can DEL MONTE 100% Pineapple Juice with Vitamins A, C & E (240ml)
- 2 cups water
- 1 can DEL MONTE Sliced Pineapple (227g), drained, reserve syrup

### Preparation:

1. Combine salt and sugar then rub all over the piece of pork liempo. Cover the container then chill overnight.
2. In a big pan, heat the oil then brown the meat on all sides in 1 minute.
3. Remove the oil from the pan then wipe the pan with paper towels. Add back the meat, add the DEL MONTE Pineapple Juice, reserved syrup, and water and simmer for 1 hour and 30 minutes or until tender.
4. Garnish with DEL MONTE Sliced Pineapple. Serve hot.

### Chef's Tip

For the liempo to brown nicely, drain the meat from its juices and the sugar and salt mixture. Scrape off any excess sugar that will burn during browning.

### Lusog Notes

This Hamonadong Liempo recipe is high in protein, which is important for growth and development. It is also a source of vitamin B1 that helps the body in converting food to energy.

### Cooking Skills Needed

- Slicing

### Cooking Tools

- Chopping Board