



## Lechon Manok Ilonggo Recipe

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Preparation Time	30
Cooking Time	118
Serving Size	8

### Ingredients:

#### FOR THE MARINADE

- 3 Tbsp soy sauce
- 1 tsp liquid seasoning
- 1 cup clear soda
- 1 Tbsp calamansi juice
- 1/2 tsp pepper, black
- - reserved pineapple syrup
  
- 1 kg chicken, whole, stuffed and marinated
- 1 tsp ginger, sliced
- 2 stalk tanglad, lightly pounded
- 1 pc bay leaf/laurel leaf
- 1 can DEL MONTE Pineapple Chunks (227g), drained, reserve syrup
  
- 2 Tbsp butter
- 1 Tbsp atsute seeds
- 1 Tbsp cornstarch, dissolved in 1 Tbsp water

### Preparation:

1. In a bowl, mix the soy sauce, liquid seasoning, soda, calamansi juice, pepper, and reserved pineapple syrup.
2. Marinate the chicken for atleast 30 minutes.
3. Stuff the chicken with ginger, tanglad, bayleaf, and DEL MONTE Pineapple Chunks. Set aside.
4. Heat butter and atsute for 1 minute or until color is extracted. Drain and discard seeds. Brush chicken with atsute-butter mixture. Broil in turbo broiler or oven at 375F for 1 hour, turning and basting every 15 minutes. Reserve drippings collected from turbo pot.
5. Combine drippings with reserved marinade. Simmer for 2 minutes. Add cornstarch. Simmer until thick. Serve as gravy for chicken.

### Chef's Tip

Lechon Manok is traditionally cooked over charcoal which gives an added smoky aroma to the dish. For a more convenient way to make Lechon manok or Ilongo inasal, use the same recipe and cook it using a turbo broiler or oven. The lemongrass or tanglad gives the aroma of Ilongo style Lechon manok.

### Lusog Notes

This recipe is a source of vitamin A that helps maintain healthy vision and skin and niacin which helps keep the digestive and nervous systems healthy.

### **Cooking Skills Needed**

- Stuffing
- Pounding
- Marinating
- Slicing
- Dissolving

### **Cooking Tools**

- Chopping Board
- Colander
- Wooden Spatula