



Pata Asado Recipe

Preparation Time	10
Cooking Time	50
Serving Size	6

Ingredients:

- 2 Tbsp oil
- 2 Tbsp garlic, minced
- 1/2 cup onion, chopped
- 1 pc bay leaf/laurel leaf
- 1/4 tsp peppercorn, black
- 1 pc star anise
- 1/8 tsp five-spice powder
- 1 kg pork, pata, cut into serving portions
- 3 Tbsp oyster sauce
- 1/4 cup soy sauce
- 1/4 cup rice wine
- 1/3 cup sugar, brown
- 3 cup water
- 1 can DEL MONTE Pineapple Tidbits (227g)

Preparation:

1. Sauté garlic, onion, bay leaf, peppercorn, star anise, and five-spice powder. Add pata and sauté until lightly browned and aromatic.
2. Add oyster sauce, soy sauce, rice wine, sugar and water. Cover and simmer for 30 minutes or until pata is fork tender.
3. Add DEL MONTE Pineapple Tidbits with syrup. Simmer for 8 more minutes.

Chef's Tip

Be sure to cover the pot as the pata cooks, so that the liquid does not evaporate.

Lusog Notes

This Pata Asado recipe provides a source of iron, vitamins B1 and B2. Iron is needed for normal metabolism. Vitamin B1 helps the nervous system function properly while vitamin B2 is important for healthy skin and vision.

Cooking Tools

- Fork