



## Pork Humba With Pine Recipe

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<b>Preparation Time</b>	<b>10</b>
<b>Cooking Time</b>	<b>83</b>
<b>Serving Size</b>	<b>8</b>

### Ingredients:

- 3 Tbsp oil
- 2 Tbsp sugar, brown
- 1 kg pork, kasim, cut into chunks
- 2 Tbsp black beans (tausi), drained
- 4 cloves garlic, crushed
- 1/4 cup DEL MONTE Red Cane Vinegar
- 2 1/2 Tbsp soy sauce
- 1 pc bay leaf/laurel leaf
- 1/2 tsp peppercorn
- 3 pcs star anise
- 1 pouch DEL MONTE Original Style Tomato Sauce (115g)
- 1/2 cup water
- 1/4 tsp salt
- 2 pouches DEL MONTE Pineapple Tidbits (200g), drained, reserve syrup

### Preparation:

1. In a casserole, cook sugar and pork in oil until sugar has caramelized. Add tausi and garlic and cook for few more minutes or until meat is slightly brown.
2. Add DEL MONTE Red Cane Vinegar, soy sauce, laurel, peppercorn, star anise, and DEL MONTE Original Style Tomato Sauce. Do not stir until it simmers.
3. Add water, reserved pineapple syrup, and salt. Cover and simmer for 1 hour or until meat is tender. Add DEL MONTE Pineapple Tidbits. Simmer for 2 minutes.

### Chef's Tip

Simmer the dish over low heat until it is tender. Slowly cooking meat makes sure that the meat is not only tender but also flavorful.

### Lusog Notes

This Pork Humba with Pine recipe contains vitamin B1 that helps support normal growth and helps convert food into energy. It also contains iron that is needed for normal metabolism.

### Cooking Skills Needed

- Slicing
- Boiling
- Simmering

### Cooking Tools

- Wooden Spatula
- Casserole
- Measuring Cups

- Chopping Board
- Measuring Spoon

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