

YOU'LL NEED

1 kilo pork, use kasim

1 head garlic, unpeeled, halved crosswise

1/2 cup low sodium soy sauce

3/4 cup white vinegar

2 cups water

2 tablespoons peppercorns, black

1 tablespoon vegetable oil

2 tablespoons brown sugar

1 bay leaf

pandesal, toasted, to serve

pickled vegetables (atsara), to serve (optional)

1 sachet Aminoleban® Oral

ALL YOU HAVE TO DO

- 1. Place pork shoulder, garlic, soy sauce, white vinegar, water, whole black peppercorns, vegetable oil, brown sugar, and bay leaf in a slow cooker. Cover and cook on high until pork shreds easily with a fork, about 5 to 6 hours.
- 2.Remove pork from cooker; shred the meat using a fork. Return meat to cooker and coat in sauce.
- 3. Divide meat into 6 servings. Add 1 sachet of Aminoleban® Oral to mixture. Serve with toasted pandesal and atchara on the side.

Nutrition Facts

116 g Carbohydrates 16 g Protein 12 g Fat 376 Calories 392 mg Sodium