



# Tinola

Chicken Tinola is a comforting Filipino soup made with chicken, ginger, and green papaya or chayote. It's a light and flavorful dish that is commonly enjoyed during rainy days or as a way to warm up.

## Recipes

- 1 kg chicken pieces
- 2 tablespoons cooking oil
- 1 onion, sliced
- 3 cloves garlic, minced
- 1 thumb-sized ginger, sliced -
- 2 green papayas or chayote, peeled and cut into wedges
- 4 cups water or chicken broth
- Fish sauce (patis) to taste
- Pepper to taste
- 2 cups spinach leaves

## Steps:

1. Combine chicken, soy sauce, and garlic in a large bowl. Mix well. Marinate the chicken for at least 1 hour.
2. Heat a cooking pot. Pour cooking oil.
3. 3 tablespoons cooking oil
4. When the oil is hot enough, pan-fry the marinated chicken for 2 minutes per side.
5. Pour-in the remaining marinade,
6. Add dried bay leaves and whole peppercorn.
7. Add vinegar. Stir and cook for 10 minutes.
8. 4 tablespoons white vinegar
9. Put-in the sugar, and salt. Stir and turn the heat off. Serve hot. Share and Enjoy!
- 10.