

AI-01391 Recipe Ginamay Pork

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Ginamay (also known as **Ginagmay**) is a popular Filipino dish from the Visayas and Mindanao regions A. It's a savory and hearty stew made with pork, vegetables, and a blend of spices B. Here's a simple recipe to get you started:

Ingredients:

- 500 grams pork belly, cut into cubes
- 2 tablespoons cooking oil
- 6 cloves garlic, minced
- 1 large red onion, chopped
- 2 tomatoes, chopped
- 1 cup pork broth or water
- 1 bay leaf
- 2 medium potatoes, peeled and diced
- 2 medium carrots, peeled and diced
- 1 green bell pepper, seeded and diced
- 1 red bell pepper, seeded and diced
- Salt and pepper to taste
- Fish sauce (patis) to taste

Instructions:

1. **Heat the oil** in a large pan over medium heat B.
2. **Sauté the garlic** until golden brown B.

3. **Add the onion** and cook until translucent B.
4. **Add the tomatoes** and cook until they soften B.
5. **Add the pork** and cook until it browns slightly B.
6. **Pour in the pork broth** and add the bay leaf B.
7. **Bring to a boil**, then reduce the heat and let it simmer until the pork is tender B.
8. **Add the potatoes** and carrots, and cook until they are tender B.
9. **Add the bell peppers** and cook for another 2-3 minutes B.
10. **Season with salt, pepper**, and fish sauce to taste B.
11. **Serve hot** with steamed rice.

Enjoy your delicious Ginamay! Let me know if you have any questions or need further assistance.