

## CCPROG3 GRP 7: Adobo Vending Machine

CLAVANO, ANGELICA THERESE I.

RAMOS, RAFAEL ANTON T.

### FINAL SOLO LIST (1 cup/150g)

1. Chicken Breast (231 cal)
  - a. “Cooking chicken breast...”
2. Chicken Drumsticks - Legs (289 cal)
  - a. “Bringing the chicken legs out....”
3. Pork shoulder (390 cal)
  - a. “Preparing a (pork) shoulder to lean on....”
4. Pork belly (777 cal)
  - a. “Dicing the pork belly...”
  - b.  $518\text{cal}/100\text{gram} = 5.18\text{cal}/1\text{gram} * 150 = 777 \text{ cal}$
5. Mix of Chicken (half **breast** and half **drumstick**) (260 cal)
  - a. “Cooking the chicken breast and bringing the chicken legs out...”
  - b.  $\frac{1}{2} \text{ breast} = 231/2 = 115.5 \text{ cal}$
  - c.  $\frac{1}{2} \text{ drumstick} = 289/2 = 144.5 \text{ cal}$
  - d.  $115.5 + 144.5 = 260 \text{ cal}$
6. Mix of Pork (half shoulder and half belly) (583.5 cal)
  - a. “Preparing a (pork) shoulder to lean on and dicing the pork belly...”
  - b.  $\frac{1}{2} \text{ shoulder} = 390/2 = 195 \text{ cal}$
  - c.  $\frac{1}{2} \text{ belly} = 777/2 = 388.5 \text{ cal}$
  - d.  $195 + 388.5 = 583.5 \text{ cal}$
7. Cup of White Rice (204 cal)
  - a. “Cooking the white rice to perfection...”
8. Adobo Sauce (153.3 cal)
  - a. “Adjusting adobo sauce to taste...”
  - b.  $279 \text{ cal}/273\text{g} = 1.022\text{cal}/\text{g} * 150 = 153.3 \text{ cal}$

### FINAL ADDONS

1. Garlic cloves ([4 cals](#))
  - a. “Chopping garlic cloves...”
  - b. 10 cloves garlic (peeled and chopped)
2. Whole black peppercorns ([17 cals](#))
  - a. “Opening a box of whole black peppercorns...”
  - b. 8 pieces whole black peppercorns
3. Bay leaves ([6 cals](#))
  - a. “Cutting the bay leaves...”

- b. 2 pieces bay leaves
- 4. Peeled Ginger ([18 cal](#))
  - a. “Peeling the ginger...”
  - b. 2-inch piece ginger, peeled
- 5. Scallions ([4.8 cal](#))
  - a. “Stir-frying the green scallions...”
  - b. Steamed rice and scallions, green parts only, thinly sliced on a diagonal (for serving)

## **SOLO**

- 1. Whole Chicken - replaced with Mix of Chicken
- 2. Chicken Breast
- 3. Chicken Wings
- 4. Chicken Drumsticks (Legs)
- 5. Rice
- 6. Adobo Sauce
- 7. Whole Pork - replaced with Mix of Chicken
- 8. Pork belly
- 9. Pork shoulder
- 10. Pork butt
- 11. Pork Loin
- 12. Pork Ribs
- 13. Pork chops (loin or rib section, bone-in or boneless)

## **ADDONS ONLY**

- 1. Vegetable oil or Canola Oil
- 2. Garlic cloves
- 3. Cane Vinegar
- 4. Soy Sauce
- 5. whole black peppercorns
- 6. Bay leaves
- 7. Light brown sugar
- 8. Peeled Ginger
- 9. Scallions
- 10. Salt

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