

Pork Adobo

Pork Adobo is a popular Filipino dish known for its flavorful and tangy taste. It's made by simmering pork in a mixture of vinegar, soy sauce, and spices.

Ingredients:

- 500 grams pork belly or pork shoulder, cut into chunks
- 1/2 cup vinegar (preferably cane or coconut vinegar)
- 1/2 cup soy sauce
- 4 cloves garlic, minced
- 1 bay leaf
- 1 teaspoon whole peppercorns
- 1 tablespoon cooking oil
- 1 cup water
- Salt to taste
- Optional: 1 teaspoon sugar (to balance the flavors)

Instructions:

1. In a large bowl or ziplock bag, combine the pork, vinegar, soy sauce, minced garlic, bay leaf, and whole peppercorns. Let it marinate for at least 1 hour, but preferably overnight in the refrigerator. This step helps to enhance the flavors.
2. Heat the cooking oil in a large pot or skillet over medium heat. Remove the pork from the marinade, reserving the marinade for later.
3. Sear the pork pieces in the hot oil until browned on all sides. This step adds additional flavor and texture to the dish.
4. Once the pork is browned, pour in the reserved marinade and add water. Bring the mixture to a boil, then reduce the heat to low. Cover the pot and let it simmer for about 1 to 1.5 hours or until the pork is tender. You can adjust the cooking time as needed, depending on the desired tenderness of the meat.
5. Once the pork is tender, uncover the pot and let the sauce reduce for about 10 to 15 minutes to thicken slightly. Stir occasionally to prevent sticking or burning.
6. Taste the sauce and adjust the seasoning with salt and sugar, if desired, to balance the flavors.
7. Remove from heat and serve the Pork Adobo hot with steamed rice. It can be garnished with some chopped spring onions or fried garlic for extra flavor and presentation.

Nutritional Facts:

- Calories: 300-350 calories
- Protein: 20-25 grams

- Fat: 20-25 grams (may vary depending on the cut of pork and amount of fat used)
- Carbohydrates: 5-10 grams
- Fiber: 0-2 grams
- Sodium: 800-1000 milligrams (may vary depending on the soy sauce and salt used)
- Iron: 10-15% of the daily recommended intake
- Other vitamins and minerals vary depending on the specific ingredients used