**Pork Tenderloin Salpicao** is a delicious Filipino Food that looks like pork adobo at first glance. This dish made of marinated pork loin, then stir-fried until golden brown and tender.

INGREDIENTS

1/2 kilo Pork Tenderloin cut into small cubes

2 tablespoons Oyster sauce

6 tablespoons Worcestershire sauce

3 tablespoons Soy sauce

1/2 teaspoon sugar

¼ teaspoon red chili pepper flakes

1 tablespoon olive oil

1 head garlic peeled and minced

1/2 teaspoon freshly grind black pepper

1/4 teaspoon salt

3 tablespoons butter

Canola Oil for frying

INSTRUCTIONS

1.Prepare all the ingredients and in a large bowl, combine salt, black pepper, half of the garlic, 3 tablespoons of Worcestershire sauce and 1 tablespoon Oyster sauce, mix well then add the Pork slices and marinate for about 20 minutes to half an hour.

2.In a small bowl, combine all the remaining ingredients, the brown sugar, Worcestershire sauce, soy sauce, and red chili pepper flakes. Use a whisk to mix the ingredients until the sugar is completely dissolved then set aside.

3.Remove the Pork from the marinade and drain.

4.Using a large frying pan or wok, apply medium heat, add Canola oil, then fry the remaining garlic until it turns brown, remove the garlic and set aside.

5.Add the Pork in the frying pan and fry in batches, do not overcook it just make the outer part turns brown about 2 to 3 minutes on each side.

6.Add Oyster-Soy sauce-Worcestershire mixture and fried garlic, then continue cooking while stirring regularly for about 5 to 7 minutes.

7.Serve Hot with steamed rice and your favorite Juice.

Serving: 157g

Calories: 614kcal

Carbohydrates: 11g

Protein: 36g

Fat: 42g

Saturated Fat: 15g

Polyunsaturated Fat: 1g

Monounsaturated Fat: 4g

Cholesterol: 130mg

Sodium: 386mg

Fiber: 1g

Sugar: 1g

Vitamin A: 50IU

Vitamin C: 12.4mg

Calcium: 90mg

Iron: 9mg

**Crispy Pata** Recipe is one of the famous dishes served in many popular restaurants in the Philippines and in other parts of the world where there is a Filipino restaurant

1 whole Pata pig's leg about 2 kilos, cleaned and knuckles removed

1 Can Sprite or 7UP or 12 oz size

7 pieces dried bay leaves

3 tablespoons whole peppercorn

2 tablespoon salt

1/2 tablespoon freshly ground black pepper

1/2 tablespoon Garlic powder

1 Onion sliced

10 cups water

10 cups cooking oil

For the Sawsawan (Dipping Sauce)

1/2 cup White vinegar

¼ cup soy sauce

1 tablespoon Fish sauce Patis

3 cloves garlic minced

3 pcs. Siling Labuyo wild chili, sliced

Freshly ground Black Pepper

1.Clean the pork leg, scrape any stray hairs with a knife and remove the nails.

2.Pour sprite or 7up and Water in a cooking pot, then let boil.

3.Add the onion, dried bay leaves, whole peppercorn, and 1 /12 tablespoon of salt.

4.Add the whole Pork Pata in the cooking pot, bring to a boil, skim the scum that accumulate to the top.

5.When its boiling, lower the heat then simmer for 2 hours or until the Pata leg becomes tender.

6.Remove the tender Pata from the pot and let it cool down.

7.Rub the leg with garlic powder, ground black pepper, and remaining salt. Let it stand for 20 minutes to fully absorb the ingredients.

8.Heat a deep frying pan, must be with cover and pour the cooking oil.

9.Deep fry the pork leg, when the oil becomes hot.

10.When placing Pork Pata in heated oil get your cover ready there will be a lot of hot oil splashing. Set your stove from high heat to medium when you have placed the Pork Pata in the frying pan, then set to low heat when pata starts to turn to golden brown in color.

11.Continue cooking in medium heat turning as needed, until golden brown.

12.Turn off heat and slowly pour the 1/4 cup of the water on the pork (this process will make the the skin more crispy).

13.Remove the Crispy Pata then place it on paper towel to drain the oil.

14.Serve with Atcharang papaya recipe and dipping sauce.

Serving: 1cup

Calories: 430kcal

Carbohydrates: 1g

Protein: 35g

Fat: 36g

Saturated Fat: 10g

Trans Fat: 0.5g

Cholesterol: 130mg

Sodium: 960mg

Potassium: 450mg

Fiber: 0.3g

Vitamin C: 0.2mg

Calcium: 20mg

Iron: 0.7mg

**Binagoongang Baboy** with Gata Recipe is quick and easy that tastes a little sour, salty, sweet and spicy from its ingredients which gives a very appetizing flavor

1 kilo pork shoulder, cubed

1/3 cup vinegar

1 cup Coconut Milk (gata)

2 tablespoon soy sauce

4 cloves garlic, minced

1 medium onion, chopped

2 tablespoons cooking oil

1 tomato, chopped

2 tablespoons Shrimp Paste or Bagoong Alamang

1 long chili pepper, seeded and cut in strips

1/4 Cup green long chilli (optional)

5 pieces steamed okra, sliced diagonally (for garnish)

1.Saute garlic and onion.

2.Add pork and saute until the pork edges turns light brown.

3.Stir-in shrimp paste and saute for 1-2 minutes.

4.Add chilli and coconut milk, stir and let it boil.

5.Cover and cook in medium heat, until the coconut render fats and pork are tender.

6.Garnish with steamed Okra on top then Serve with steamed rice.

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Nutritional Info

Carbs12 g

Dietary Fiber g

Sugars 9g

Fat 30 g

Saturated 11 g

Protein 40 g

Sodium 2626 mg

Potassium 160

Vitamin A 4 %

Vitamin C11 %

Calcium 21 %

Iron 18 %

**Pork Estofado or 'Estufado'** is a Filipino dish of stewed pork cooked in vinegar and soy sauce with fried plantains that gives out a burst of flavor.

1-1/2 lb. pork, cubed.

1/2 cup soy sauce.

1/4 cup white vinegar.

3 cloves garlic, minced.

2 tbsp. packed brown sugar.

1.Slice the meat into uniform sizes to ensure even cooking.

2.For the best texture, use ripe but firm saba bananas. Pan-fry until lightly browned before adding it to the stew to keep it from falling apart.

3.Sear the meat to add color and depth of flavor.

4.Allow the vinegar to boil uncovered and without stirring for a few minutes before adding the soy sauce and water to cook off the strong acid taste.

Carbs 0.1 g

Dietary Fiber0 g

Sugars0 g

Fat0.1 g

Saturated0 g

Polyunsaturated0 g

Monounsaturated0 g

Trans0 g

Protein0.1 g

Sodium7.7 mg

Potassium2.7 mg

Cholesterol0.3 mg

Vitamin A0.1 %

Vitamin C 0 %

Calcium 0 %

Iron