Pork Sisig

1 lb. pig ears

1 1/2 lb pork belly

1 piece onion minced

3 tablespoons soy sauce

1/4 teaspoon ground black pepper

1 knob ginger minced (optional)

3 tablespoons chili flakes

1/2 teaspoon garlic powder

1 piece lemon or 3 to 5 pieces calamansi

½ cup butter or margarine

¼ lb chicken liver

6 cups water

3 tablespoons mayonnaise

1/2 teaspoon salt

1 piece egg (optional)

Instructions

1.Pour the water in a pan and bring to a boil. Add salt and pepper.

2.Put-in the pig’s ears and pork belly then simmer for 40 minutes to 1 hour (or until tender).

3.Remove the boiled ingredients from the pot then drain excess water

4.Grill the boiled pig ears and pork belly until done

5.Chop the pig ears and pork belly into fine pieces

6.In a wide pan, melt the butter or margarine. Add the onions. Cook until onions are soft.

7.Put-in the ginger and cook for 2 minutes

8.Add the chicken liver. Crush the chicken liver while cooking it in the pan.

9.Add the chopped pig ears and pork belly. Cook for 10 to 12 minutes

10.Put-in the soy sauce, garlic powder, and chili. Mix well

11.Add salt and pepper to taste

12.Put-in the mayonnaise and mix with the other ingredients

13.Transfer to a serving plate. Top with chopped green onions and raw egg.

14.Serve hot. Share and Enjoy (add the lemon or calamansi before eating)

Nutrition Information

Serving: 6g Calories: 933kcal (47%) Carbohydrates: 6g (2%) Protein: 33g (66%) Fat: 86g (132%) Saturated Fat: 34g (170%) Cholesterol: 265mg (88%) Sodium: 1052mg (44%) Potassium: 694mg (20%) Fiber: 2g (8%) Sugar: 1g (1%) Vitamin A: 3805IU (76%) Vitamin C: 14.6mg (18%) Calcium: 49mg (5%) Iron: 3.9mg (22%)