

Sinampalukang Manok

Prep Time
15 mins

Cook Time
40 mins

Total Time
55 mins

Servings: 6 Servings Author: Lalaine Manalo



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4.15 from 7 votes

Ingredients

- 1.5 tablespoon oil
- 1.5 onion, peeled and sliced
- 3 cloves garlic, peeled and minced
- 1.5 thumb-size ginger, peeled and julienned
- 3 large Roma tomatoes, chopped
- 1.5 (about 3 to 4 pounds) whole chicken, cut into serving parts
- 1.5 tablespoon fish sauce
- 6 cups water
- 12 to 15 pieces fresh tamarind or 2 tablespoons tamarind base powder
- 1.5 cup long beans
- 1.5 cup pickled young tamarind leaves or 2 cups fresh young tamarind leaves

Instructions

1. In a pot over medium heat, heat oil. Add onions, garlic, and ginger. Cook, stirring regularly, until aromatic.
2. Add tomatoes and cook, mashing with until softened.
3. Add chicken and cook, turning occasionally, until color changes and juices run clear.
4. Add fish sauce and continue to cook, stirring occasionally, for about 1 to 2 minutes.
5. Add water and bring to a boil.
6. Lower heat, cover, and simmer until chicken is cooked through.
7. Add long beans and pickled tamarind leaves or fresh tamarind leaves, and cook until long beans are tender yet crisp.
8. Add tamarind base powder or tamarind pulp, stirring to combine. Continue to cook for about 2 to 3 minutes.
9. Season with salt to taste. Serve hot.

If Using Fresh Tamarind

1. Wash tamarind and place in a pot with enough water to cover. Bring to a boil and cook until soft and outer skins begin to burst.
2. With a fork, mash tamarinds. In a fine mesh strainer set over a bowl, pour tamarind and liquid. Continue to mash with a fork, returning some of the liquid into the strainer once or twice, to fully extract juice. Discard seeds and skins. Add tamarind juice in place of tamarind base powder.

If Using Fresh Tamarind Leaves

1. Strip tamarind leaves from stems and discard stems. Using a mortar and pestle, pound the leaves to release some of its juices. Add to pot in place of pickled young tamarind leaves.

