



LOVE FOOD

# LOVE FILIPINO FOOD

XOXO

Adobo is considered the signature dish of the Philippines. Almost all meats, seafood, and vegetables can be cooked using this method. And as in all traditional cooking worldwide, each family has their own way of making it. To the four basics ingredients of vinegar, soy sauce, peppercorns, and dried bay leaves, other components were added to produce unique dishes. In his recipe, Chef Manager Joseph Roldan, combines pork belly and chicken.

## Ingredients

- 1 ½ lbs pork belly, chopped
- 1 ½ lbs chicken wings
- 4 pieces dried bay leaves
- 2 teaspoons whole peppercorn
- 1 head garlic, slightly crushed
- 6 tablespoons vinegar white
- ½ cup soy sauce
- 2 teaspoons brown sugar
- 2 cups water
- salt to taste
- 3 tablespoons cooking oil

## Directions

1. In a large saucepan, heat the oil on medium-high and add the garlic. Cook until the color turns golden brown.
2. Remove the garlic and set aside. Add pork and chicken. Cook for 5 minutes or until the color turns light brown.
3. Add whole peppercorn, bay leaves, vinegar, soy sauce, and water. Let boil and simmer until the meat gets tender.
4. Add the sugar, stir, and let boil.
5. Reduce heat and simmer until most of the liquid evaporates.
6. Add salt to taste. Put-in the fried garlic, stir, and cook for 2 minutes.
7. Serve with white rice and fried garlic.. Share and enjoy!

For more on Love Food, Love Filipino Food:

[oraclehq.cafebonappetit.com/love-food-love-filipino-food](http://oraclehq.cafebonappetit.com/love-food-love-filipino-food)

**BON APPÉTIT**  
MANAGEMENT COMPANY

*food service for a sustainable future®*