

Pork Adobo

Recipe by Zashawna Tiamzon

Preparation Time: 10-20 minutes
Cooking Time: 1 hour and 15 minutes
Servings: 5-7



Ingredients

- 2kg cube pork belly less fat
- 1.26 ml salt
- 14 tbs soy sauce (Datu Puti)
- 8 tbs white vinegar
- 2 cans sprite
- 2 pc white onion
- 6 pc dried bay leaves
- 2 1/2 tbs whole peppercorn
- 12 cloves garlic
- 6 tbs olive oil
- 2 tbs onion leaves
- 1 cup water
- 2 1/2 cup rice

Directions

1. In a large bowl, combine soy sauce and Sprite with the pork belly. Mix well. Cover the bowl and refrigerate. Let the pork marinate for at least 15 minutes.
2. Using a kitchen sieve, drain the marinade out of the bowl. Set it aside.
3. Heat oil in a cooking pot.
4. Once the oil becomes hot, saute garlic until light brown.
5. Add onion. Continue to saute until soft.
6. Add pork belly. Stir and cook until light brown.
7. Pour the marinade (Sprite and soy sauce). Cover the pot and let boil.
8. Add whole peppercorn and dried bay leaves. Cover the pot and continue to cook for 30 minutes in medium heat.
9. Pour vinegar into the pot. Let the liquid re-boil. Stir. Cover and cook for 25 to 30 minutes. Note: add water if needed.
10. Transfer to a serving plate. Serve with rice.

Comments:

- This recipe didn't meet the FFL guidelines, so some changes were made to make it better.
- We changed the regular sprite to diet sprite, to lower the sugar and sodium levels.
- We changed regular soy sauce to low sodium soy sauce.
- We decreased the olive oil to 3 Tbsp. since the pork already contributes a good amount of fat.
- On the original nutrients per serving, we are showing the initial recipe results and then the alternative nutrients per servings with our suggested changes. By changing some of the ingredients you can see quite a decrease in certain numbers. Such as for the sugars, sodium, and total fat.

Nutrients Per Serving

(Original Recipe)

Yield: 7

Calories: 1080

Total Fat: 73.3g

Saturated Fat: 24g

Trans Fat: 0

Carbs: 32g

Fiber: 1.1g

Sugars: 11.3g

Protein: 68g

Sodium: 2,178.6mg

Nutrients Per Serving

(Flavors For Life suggested Changes)

Yield: 7

Calories: 999

Total Fat: 67.6g

Saturated Fat: 23g

Trans Fat: 0

Carbs: 22g

Fiber: 1.1g

Sugars: 0.41g

Protein: 68g

Sodium: 1,457.3mg



Highlighted Ingredient: Olive Oil

Studies show that adding olive oil to your diet can reduce inflammation, improve blood sugar levels, and decrease several heart disease risk factors. Be sure to select extra virgin olive oil whenever possible as the best olive oil for cooking.

Source: Top 8 Healthy Cooking Oils (Plus, the Ones to Avoid Entirely) - Dr. Axe (draxe.com)

About Zashawna Tiamzon

1. Name: Zashawna Trinity Obillo Tiamzon

2. Age: 15

4. School: Silverado High School

5. Why is this recipe important to you?

This recipe is important to me because I used the ingredient, Sprite.

6. How long have you been cooking?

I've been cooking since the age of 8 years old.

7. What does food/cooking mean to you?

I think this food meant a lot to me because it is the first dish that I cooked. I am self-taught. When it comes to cooking I want my food to taste good for everyone and for myself too. I think that cooking is my hobby because I also cook and bake when I'm bored.