

Pork Afritada



Makes:

8 servings, approximately 10 ounces each

Utensil:

Saladmaster Food Processor

7 Qt./6.6 L Wok with Cover

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2 ?⁴

pounds

pork ribs with pork kasim

(approximately 1

kg)

1

tablespoon

garlic, shredded, use Cone #1

(8.5

g)

1

onion, strung, use Cone #2

1

tablespoon

pickle relish

(15

g)

4

ounces

soy sauce

(120

mL)

salt and fresh ground pepper, to taste

3
potatoes, cut in large chunks
1
red bell pepper, sliced thin
3
hot do links, sliced
7
ounces
tomato sauce
(200
g)

Directions:

1. Preheat wok over medium heat.
2. Wash and clean pork. When several drops of water sprinkled on wok skitter and dissipate, place pork in wok.
3. Add garlic, onions, relish, soy sauce, pepper and salt to taste. Stir to combine and cover. Cook for 20 minutes.
4. Add potatoes, red bell peppers and hot do links. Pour tomato sauce over top.
5. Cover, and reduce temperature to low and cook for another 10 minutes.
6. Serve immediately.

Nutritional Information per Serving

Calories:

434

Total Fat:

28g

Saturated Fat:

10g

Cholesterol:

100mg

Sodium:

1504mg

Total Carbs:

19g

Dietary Fiber:

3g

Sugar:

4g

Protein:

26g