

Pork Humba



Makes:

8 servings

Utensil:

Saladmaster Food Processor

7 Qt./6.6 L Wok with Cover

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Recipe Description:

This popular Filipino dish is similar to Pork Adobo, but stands out with its addition of ingredients such as brown sugar and banana blossoms. Pork Kasim - the shoulder cut of pork - has a higher level of marbling than other cuts of pork. This marbling provides a lot of flavor and tenderness, making it ideal for barbeque and stir-frying.

2 ¹/₄

pounds

pork kasim, cut in bite-size pieces

(approximately 1

kg)

3

onions, processed, use Cone #3

4

cloves garlic, shredded, use Cone #1

1

bay leaf

¹/₂

cup

vinegar
(120
mL)₁?₂

cup
soy sauce
(120
mL)₁?₂

cup
brown sugar
(110
g)
fresh ground peppercorns, to taste
salt, to taste

Directions:

1. Wash and clean pork.
2. Preheat wok over medium heat. When several drops of water sprinkled in wok skitter and dissipate, add pork. Add remaining ingredients and stir to combine.
3. Cover and cook for approximately 20 minutes, until pork is cooked through. Serve hot.

Nutritional Information per Serving

Calories:

302

Total Fat:

14g

Saturated Fat:

5g

Cholesterol:

79mg

Sodium:

1500mg

Total Carbs:

21g

Dietary Fiber:

1g

Sugar:

16g

Protein:

25g