

## Pork Humba



### Makes:

8 servings

### Utensil:

Saladmaster Food Processor  
7 Qt./6.6 L Wok with Cover

**Rate** ★★★★★

### Recipe:

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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 ¼ 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  
½ cup  
vinegar  
(120  
mL)  
½ cup  
soy sauce  
(120  
mL)  
½ 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** 21g  
**Carbs:**  
**Dietary Fiber:** 1g  
**Sugar:** 16g  
**Protein:** 25g

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