



Posted on 17 October 2012

by Mary Santander

Pininyahang Manok (Pineapple Chicken)

Ingredients

2 cans Pineapple Tidbits – drained (reserve syrup)
2 tbsp ginger – cut thin
6 cloves garlic – crushed
1 large red onion – sliced fine
3/4kg chicken thighs, legs or breasts – cut into pieces
2 tsp patis (Filipino fish sauce)
1/2 tsp whole peppercorns
1 medium red bell pepper – cut into cubes
1 can evaporated milk (or 2/3 cup coconut milk)

Preparation

- 1 Saute ginger, garlic and onion in 1 tbsp oil for 2 minutes.
- 2 Add in the patis and chicken, sauté for 10 minutes or until the chicken is slightly brown.
- 3 Thereafter, add the peppercorns and pineapple syrup.
- 4 Cover and simmer for 15 minutes.
- 5 Then toss in the bell pepper, milk and the drained Pineapple Tidbits.
- 6 Allow it to simmer uncovered for 3 – 5 minutes – stirring continuously.
- 7 Then serve with steaming white rice.

Cooks Note
