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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