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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

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