

FILIPINO PORK HAMONADO



Ingredients:

1	Tablespoon	Lard (or vegetable oil)
1	Small	Onion, chopped (about $\frac{3}{4}$ cup)
4	Cloves	Garlic, minced
1	Cup	Beef Broth (or vegetable stock)
3	Tablespoons	Tamari (or soy sauce)
3	Tablespoons	Brown Sugar
1	Pound	Boston Butt (or Pork Shoulder), cubed*
1½	Cups	Fresh Pineapple, cubed**
		Salt & Pepper to taste

Directions:

1. Heat lard in a medium sized skillet. Add pork and cook, turning to brown on all sides. Remove from pan. Add onions to the pan and sauté just until softened. Add garlic and sauté for 1 – 2 minutes longer.
2. Add broth, tamari and sugar and stir until sugar is dissolved, scraping up any fond (the delicious browned bits on the bottom of the pan). Add pineapple to the pan along with the browned pork.
3. Reduce heat to low and simmer for 15 to 20 minutes, until the liquid has reduced to half and pork is tender. Season to taste and serve over rice or pancit (Filipino rice noodles), if desired.

** If using leftover pork roast there is no need to brown it first, which may dry it out. Add it to the pan after you add the pineapple and the sauce begins to reduce, just to bring it up to temperature.*

*** If using canned pineapple chunks, drain them before adding to the pan.*