



## Sisig (Filipino Sizzling Pork)

 Gluten Free  Dairy Free

READY IN



1020 min.

SERVINGS



6

CALORIES



833 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves
- 10 peppercorns whole black
- 1 pound pork shoulder boneless
- 8 ounces ears corn uncooked
- 6 medium garlic clove smashed
- 1 pieces ginger fresh unpeeled (4-inch)
- 3.3 cups granulated sugar
- 3 medium lemon grass trimmed

- 2 tablespoons juice of lime as needed freshly squeezed plus more ( 1 medium lime or 1 large calamansi)
- 1 pound fatty pork fresh skinless
- 3 serrano chiles finely chopped
- 2 tablespoons soya sauce as needed plus more
- 3 tablespoons vegetable oil
- 0.3 cup water
- 1 small onion yellow

## Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- knife
- sieve
- plastic wrap
- wooden spoon
- aluminum foil

## Directions

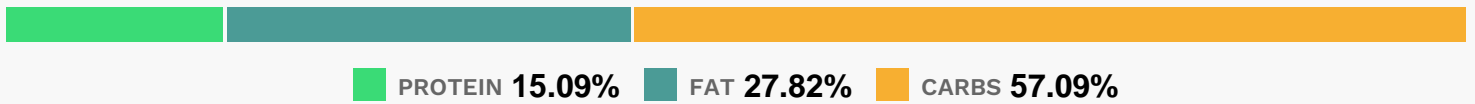
- Place all of the ingredients except the water in a medium saucepan over medium-high heat and bring to a boil, stirring to dissolve the sugar.
- Add the pork shoulder and jowl to the cold brine and invert a small plate over them to keep them completely submerged. Cover and refrigerate at least 12 hours.
- Heat the oven to 300°F and arrange a rack in the middle. Scrape off any excess marinade or solids from the jowl, remove it to a plate, cover with plastic wrap, and refrigerate. Scrape off any excess marinade or solids from the shoulder and remove it to a plate; set aside. Set a

strainer over a large bowl, pour the brine through it, and discard the contents of the strainer. Set the strained brine aside.

- Heat 2 tablespoons of the oil in a medium frying pan over medium–low heat until shimmering.
- Add the pork shoulder and cook, turning occasionally, until it’s browned on all sides, about 5 minutes total, adjusting the heat as necessary so that the pork doesn’t burn.
- Remove the shoulder to a clean plate and set aside. Wipe the oil out of the pan with a paper towel and return the pan to medium heat.
- Add the water, use a wooden spoon to scrape up the browned bits that have accumulated on the bottom of the pan, and bring to a simmer. Return the pork shoulder to the pan, add about 1 1/2 cups of the reserved brine (enough to come about halfway up the side of the pork), and bring to a simmer. Cover the pan with foil and transfer it to the oven. Braise until the shoulder is fork–tender, flipping it halfway through, about 3 hours total.
- Transfer the shoulder and its cooking liquid to a medium bowl and set aside to cool for at least 1 hour. Meanwhile, cook the pig’s ear.
- Place the remaining brine and the pig’s ear in a medium saucepan over medium–high heat and bring to a boil. Reduce the heat to low and simmer until the tip of a knife inserted into the ear meets only slight resistance, about 3 hours.
- Remove the ear to a clean plate and let it cool to room temperature; discard the contents of the saucepan. Meanwhile, cook the jowl. Increase the oven temperature to 400°F. Pat the reserved jowl dry with paper towels.
- Heat the remaining tablespoon of oil in a medium frying pan over medium–low heat until shimmering.
- Add the jowl and brown it on all sides, adjusting the heat as necessary so that it doesn’t burn, about 5 to 8 minutes total.
- Remove the jowl to a baking sheet and bake in the oven until it’s cooked through but still springy to the touch, about 30 minutes.
- Cut the shoulder into medium dice, discarding any large pieces of fat; set aside.
- Cut the jowl into medium dice; set aside.
- Cut the ear in half lengthwise, then slice crosswise into 1/8–inch–thick strips, discarding any tough, thick cartilage pieces near the base of the ear; set aside.
- Heat a large frying pan over medium–high heat until hot.
- Add the jowl and brown on all sides, stirring occasionally, about 5 minutes.
- Transfer to a paper–towel–lined plate and set aside.

- Remove all but 1 tablespoon of fat from the pan and return the pan to medium heat.
- Add the onion and chiles and cook, scraping up any browned bits that have accumulated on the bottom of the pan with a wooden spoon, until softened, about 3 minutes.
- Add the shoulder, ear, and browned jowl and stir to combine. Cook, stirring occasionally, until everything is warmed through and sizzling, about 5 minutes.
- Add the measured calamansi or lime juice and measured soy sauce and stir to combine. Taste the mixture—it should have a good balance of salty, tangy, and spicy.
- Add additional calamansi juice and soy sauce as needed.
- Serve immediately with steamed rice.

## Nutrition Facts



## Properties

Glycemic Index:31.52, Glycemic Load:78.15, Inflammation Score:-3, Nutrition Score:20.864347696304%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

## Nutrients (% of daily need)

Calories: 833.31kcal (41.67%), Fat: 26.33g (40.5%), Saturated Fat: 7.94g (49.61%), Carbohydrates: 121.57g (40.52%), Net Carbohydrates: 120.32g (43.75%), Sugar: 114.09g (126.76%), Cholesterol: 99.79mg (33.26%), Sodium: 427.18mg (18.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.13g (64.26%), Vitamin B1: 1.12mg (74.61%), Vitamin B3: 11.56mg (57.82%), Selenium: 39.57µg (56.53%), Vitamin B6: 0.95mg (47.71%), Phosphorus: 359.62mg (35.96%), Vitamin B2: 0.59mg (34.92%), Zinc: 3.48mg (23.17%), Vitamin B12: 1.19µg (19.78%), Potassium: 684.95mg (19.57%), Manganese: 0.34mg (17.04%), Vitamin B5: 1.59mg (15.89%), Magnesium: 55.38mg (13.84%), Vitamin K: 13.37µg (12.74%), Iron: 2.08mg (11.53%), Vitamin C: 7.83mg (9.5%), Copper: 0.16mg (7.87%), Folate: 26.21µg (6.55%), Fiber: 1.25g (5%), Vitamin E: 0.68mg (4.55%), Calcium: 31.05mg (3.1%), Vitamin A: 110.21IU (2.2%)