



IGADO (FILIPINO PORK MEAT AND LIVER STEW)

Ingredients

- 1 3/4 lb pork loin with fat and skin (remove fat with the and cut into 1-cm dices; cut remaining pork meat into fries-like strips)
- 3/4 lb pork liver (cut into fries-like strips)
- 1 cup frozen peas
- 1 red bell pepper cut in thin strips similar in width to the meat and liver
- 1/2 cup chopped yellow onion
- 1 tsp minced garlic
- 1/3 + 1/6 cup white vinegar (the best kind to use is [sugar cane vinegar](#))
- 1/3 cup soy sauce
- a pinch of salt + 1 tsp.
- 1 tsp freshly ground pepper
- 2 whole bay leaves

Preparation

- 1) In medium heat, cook diced pork skin with fat. Sprinkle with a pinch of salt until crunchy bits are left. Transfer them into a small container. Throw away the oil but leave about 1 tablespoon in the pan.
- 2) Sauté onions in the fat oil until translucent. Add minced garlic and sauté for 2 minutes.
- 3) Add liver strips and sauté with the onion for a minute, then pour 1/3 cup of vinegar into the mixture. Cover and cook in med-high heat for 5 minutes.
- 4) Stir in soy sauce, cover for another 2 minutes.
- 5) Add in the crunchy pork fat with skin from #1, 1 teaspoon each of salt and pepper, and 1/6 cup vinegar. Stir. Cover and leave to cook for 7 minutes.
- 6) Lower heat to medium. Add frozen peas and red bell pepper strips. Wait for it to boil then cover for 5 minutes. Turn off the heat.
- 7) Drop 2 bay leaves into the stew and mix it in. Don't crush. Cover and let it rest for 10 minutes. Remove the bay leaves before serving.
- 8) Serve with rice.

Note: This is an excellent make-ahead viand that tastes even better the next day or two. Just put in the fridge and leave the bay leaves until after you re-heat it before eating.

Happy cooking!

This is an original recipe brought to you by **Gourmated.com**. If you have questions, please contact us at gourmated@gmail.com. Photos of the dish are [available online](#).