

Adobong Sitaw: A Flavorful Filipino Classic with Pork and Long Beans

Adobong Sitaw (Long Bean Adobo): A Comforting Filipino Classic



TIME
30 min

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INGREDIENTS

- 150 g Pork Belly, thinly sliced
- 350 g String Beans (Sitaw), cut into 4-inch lengths
- 1 Small Onion, sliced
- 5 Cloves Garlic, minced
- 1/4 Cup Water
- 3 Tbsp Soy Sauce
- 1 Tbsp Vinegar
- 1 Tsp Sugar (adjust to taste)
- 1/4 Tsp Ground Black Pepper

Ingredient Notes:

Pork Belly: Adds richness and flavor. For a lighter version, try pork shoulder or omit the meat entirely for a vegan variant.

Vinegar: White vinegar is traditional, but cane vinegar or rice vinegar also work well.

Sitaw (Long Beans): If unavailable, green beans can be used as a substitute.

How to Make Adobong Sitaw:

1. Brown the Pork:
2. SautØ the Aromatics:
3. Add the Beans and Sauce:
4. Simmer and Cook:
5. Reduce (Optional):
6. Serve:

Tips for Success:

Layer the flavors: Let the pork brown thoroughly

for extra depth.

Don't overcook the sitaw: Aim for tender with a slight crunch.

Adjust to taste: Some prefer more vinegar bite or extra soy-customize it!

What to Serve With Adobong Sitaw:

Steamed jasmine rice or garlic fried rice

A fried egg on top for a silog-style meal

Pair with something sweet like caramel apple nachos

Enjoy with a light dessert like edible cookie dough or no-bake Oreo cream pie

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DIRECTIONS

1. **Brown the Pork:** In a medium skillet over medium heat, cook the pork belly until browned and fat is rendered. This step adds depth and texture.
2. **SautØ the Aromatics:** Add sliced onions and minced garlic to the pan. SautØ for 3-5 minutes, until softened and fragrant.
3. **Add the Beans and Sauce:** Add the cut sitaw, water, soy sauce, vinegar, sugar, and black pepper. Mix well to coat everything in the sauce.
4. **Simmer and Cook:** Bring the mixture to a gentle boil. Cover with a lid and simmer for 5-10 minutes, until the beans are tender but still have a slight snap.
5. **Reduce (Optional):** For a drier, more intense version, remove the lid and continue simmering until the sauce thickens to your liking.
6. **Serve:** Serve warm with freshly steamed rice and enjoy a taste of home-cooked Filipino comfort.
7. **Tips for Success: Layer the flavors:** Let the pork brown thoroughly for extra depth.
8. **Don't overcook the sitaw:** Aim for tender with a slight crunch.
9. **Adjust to taste:** Some prefer more vinegar bite or extra soy-customize it!
10. **What to Serve With Adobong Sitaw:** Steamed jasmine rice or garlic fried rice
11. **A fried egg on top for a silog-style meal**
12. **Pair with something sweet like caramel apple nachos**
13. **Enjoy with a light dessert like edible cookie dough or no-bake Oreo cream pie**
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19. Final Thoughts: Adobong Sitaw is a simple yet flavor-packed dish that highlights the soul of Filipino cooking-making the most of everyday ingredients and transforming them into something comforting and delicious. Whether you serve it as a side or the star of the meal, this recipe is one you'll keep coming back to.
20. Made it? I'd love to see! Tag @chefmaniac and show off your version. Don't forget to subscribe for more timeless, tasty dishes made with heart. ???

SWAPS & NOTES

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Sitaw (Long Beans): If unavailable, green beans can be used as a substitute.

TIPS FOR SUCCESS

Layer the flavors: Let the pork brown thoroughly for extra depth.

Don't overcook the sitaw: Aim for tender with a slight crunch.

Adjust to taste: Some prefer more vinegar bite or extra soy-customize it!

What to Serve With Adobong Sitaw Steamed jasmine rice or garlic fried rice A fried egg on top for a silog-style meal Pair with something sweet like caramel apple nachos Enjoy with a light dessert like edible cookie dough or no-bake Oreo cream pie

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