

Adobong Sitaw (Long Bean Adobo): Savory Filipino Stir-Fry

simplicity and the depth of flavor



TIME
3-5 min

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INGREDIENTS

150 g pork belly, thinly sliced
350 g string beans (sitaw), cut in 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, more or less to taste
1/4 tsp ground black pepper

Swaps and Notes:

Pork Belly: While pork belly offers incredible flavor and richness, you can substitute with thinly sliced pork shoulder, pork butt, or even boneless, skinless chicken thighs for a leaner option. Adjust cooking time accordingly.

String Beans (Sitaw): If long beans aren't available, regular green beans can be used, though they have a slightly different texture and sweetness.

Garlic: Filipino cuisine is very generous with garlic, so don't skimp!

Soy Sauce: Use a good quality regular or light soy sauce. For a gluten-free option, use tamari.

Vinegar: Cane vinegar is traditional for Filipino adobo, but white vinegar or apple cider vinegar work well too. Each will impart a slightly different nuance.

Sugar: Adjust the sugar to balance the sourness of the vinegar to your liking. Some prefer it tangier, some a bit sweeter.

Spice: For a little heat, add a few siling labuyo (bird's eye chilies) or a pinch of red pepper flakes with the garlic.

DIRECTIONS

1. Let's get cooking this wonderfully simple and flavorful Adobong Sitaw!
2. Fry the : Pork Belly: Start by heating a large skillet or wok over medium heat. Add the thinly sliced pork belly. Fry the pork, stirring occasionally, until it's browned all over and some of its delicious fat has rendered off into the pan. This rendering fat will be the flavorful base for your dish.
3. SautØ Aromatics: Once the pork belly is nicely browned, add the sliced small onion and minced garlic to the same pan with the rendered pork fat. SautØ until the onions have softened and become translucent, about 3-5 minutes, and the garlic is fragrant (be careful not to burn the garlic!).
4. Add : Beans and Liquids: Add the string beans (sitaw), water, soy sauce, vinegar, sugar, and ground black pepper to the pan. Give everything a good stir to combine.
5. Simmer to : Tenderness: Bring the mixture to a boil over medium-high heat. Once boiling, reduce the heat to low, cover with a lid, and let it simmer for 5-10 minutes. The goal is for the beans to become tender, but still retain a slight firmness or "bite" when chewed. You don't want them mushy! Note on Consistency: At this point, you can serve the adobong sitaw as is, with a lovely amount of sauce. However, if you prefer it to be more on the dry side, continue to simmer for a couple more minutes with the lid off, allowing the sauce to reduce and thicken, until it reaches your desired consistency. The flavors will also become more concentrated.

6. **Serve and Enjoy:** Once the beans are cooked to your liking, remove from heat. Serve hot, ideally with a steaming bowl of plain white rice to soak up all that incredible adobo sauce.

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TIPS FOR SUCCESS

Thin Slices are Key: Ensure your pork belly is thinly sliced.

This helps it crisp up nicely and cook through evenly.

Don't Overcook the Beans: Pay attention to the cooking time for the string beans.

You want them tender-crisp, not limp.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/adobong-sitaw-long-bean-adobo-savory-philipino-stir-fry/>