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Pancit Luglug

Yield: 11 min Total Time: 50 min

Recipe from: <u>https://www.recipeschoose.com/recipes/japanese-pork-brot-recipe</u>

Ingredients:

- 1 kilogram noodles bihon
- 1/2 cup annatto seeds
- 1/2 cup cooking oil
- 1 cup warm water
- 1 head garlic peeled and sliced thinly
- 1/2 kilogram pork mask
- 12 cups water
- 2 laurel leaves
- 1 teaspoon pepper corn whole black
- 1 teaspoon coarse salt
- pork rind cubed, and fat from cooked pork mask
- pork meat cubed, from the cooked pork mask
- 1/2 cup red onions or shallots minced
- 1/2 clove garlic crushed
- 3 tablespoons vinegar
- 1 tablespoon fish sauce
- pork broth from boiled maskara
- annatto oil a little
- cooking oil
- cooking oil from fried garlic
- 1/2 garlic haead, crushed
- 1 teaspoon fish sauce
- 1 tablespoon vinegar
- 1/4 teaspoon ground pepper
- 1/4 kilogram shrimps peeled and deveined
- 2 cups broth shrimp
- annatto oil
- water annatto
- 1/2 head garlic peeled and crushed
- 1 chicken bouillon cubes
- 1 cup cornstarch dissolved in 1 cup water
- 10 cups pork broth
- 1 cup rice flour dissolved in 1 cup water
- 1/4 cup fish sauce

- salt
- pepper
- calamansi or Kamias, sliced
- spring onions chopped
- bean sprouts or toge, blanched
- pork chicharon finely crushed
- boiled eggs harbd, sliced

Nutrition:

- 1. Calories: 700 calories
- 2. Carbohydrate: 90 grams
- 3. Cholesterol: 150 milligrams
- 4. Fat: 22 grams
- 5. Fiber: 4 grams
- 6. Protein: 32 grams
- 7. SaturatedFat: 3 grams
- 8. Sodium: 1280 milligrams
- 9. Sugar: 3 grams

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