



New India Food Store

Gateway to Real Indian Taste

Tinolang Manok (Chicken Ginger Stew) **RECIPE**

(Estimated cooking and preparation time: 50 minutes)



Cooking Instructions

- 1) In a stock pot, heat oil and sauté garlic, onion and ginger.
- 2) Add water and the chicken.
- 3) Bring to a boil and simmer for about 20 minutes or until chicken is almost done.
- 4) Season with patis
- 5) Add papaya and continue to simmer for an additional 5 minutes or until papaya softens but not overcooked.
- 6) Add sili leaves (pepper leaves) or mallunggay leaves (horse raddish leaves) then turn off the heat.
- 7) Serve steaming hot on a bowl with plain rice on the side.

Ingredients

1 kilo whole chicken, cut into pieces.
1 small young papaya or sayote, cut into small pieces.
2 tablespoons ginger, crushed and sliced into strips
1/2 cup dahon ng sili (pepper leaves) or mallunggay leaves (horse raddish leaves)
1 liter of water
5 garlic cloves, minced
1 red onion, diced
4 tablespoons oil
2 tablespoons patis (fish sauce)