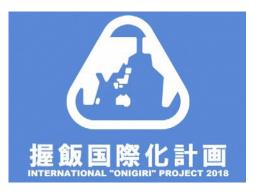


フィリピン Philippines





Adobo Onigiri

Team Philippines (Adobabes)

アドボ おにぎり

フィリピンチーム: アドベービーズ

Adobo is considered (albeit unofficially) as the national dish of the Philippines. Adobo is both a dish and cooking process. The adobo cooking process involves marinating meat (whether seafood, meat or vegetables) on soy sauce and vinegar.



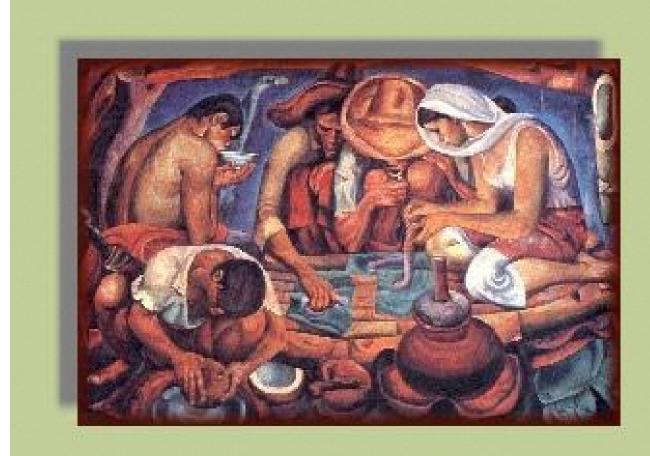
アドボは、フィリピン の(非公式ではある が)国民料理として 考えられている



It was said that because Filipinos in the past didn't have any means to refrigerate their meat that they often used this cooking method to preserve dishes. Adobo can go on for days without spoiling. As a national staple, different regions in the Philippines have their versions of the dish. Despite the Spanish reference of the name adobo (from the Spanish word, adobado), this cooking process has been practiced by Pre-Hispanic Filipinos and is considered indigenous to the Philippines.



アドボーフィリピンの伝統的料理の作り方



アドボは、醤油、酢、ニンニク、ベイリーフ、コショウで味付けされます。

The major ingredients of Adobo include soy sauce, vinegar, garlic, bay leaves and pepper corns.





豚バラ肉 ニンニク ローリエの葉 砂糖 ブラックペッパー

ノフックハッハー エミュロット/ナーサーヤー

エシャロット(たまねぎの一種)

お酢