



フィリピン Philippines



握飯国際化計画
INTERNATIONAL "ONIGIRI" PROJECT 2018



Adobo Onigiri

Team Philippines (Adobabes)

アドボ おにぎり

フィリピンチーム: アドベーズ

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.



握飯国際化計画
INTERNATIONAL "ONIGIRI" PROJECT 2018

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.



握飯国際化計画
INTERNATIONAL "ONIGIRI" PROJECT 2018

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.



握飯国際化計画
INTERNATIONAL "ONIGIRI" PROJECT 2018



豚バラ肉

ニンニク

ローリエの葉

砂糖

ブラックペッパー

エシャロット(たまねぎの一種)

お酢