

Farm visit at Barangay San Pablo Propio, San Simon, Pampanga.
PHOTO: PAT BLACKALL



FILIPINO PORK ADOBO

ABOUT THE DISH

Adobo is a Spanish word meaning 'marinade' and is a traditional Filipino cooking style. It involves a slow cooking process with vinegar as the key ingredient and can be made with meat, seafood or vegetables. The vinegar not only adds an interesting flavour profile, but also slows the dish from spoiling. Adobo is commonly eaten by those travelling without refrigeration for days due to its long shelf life.

IN SUPPORT OF PIG PRODUCERS IN THE PHILIPPINES AND AUSTRALIA

Pork is widely consumed in the Philippines and pork adobo is a very popular dish. Unfortunately, the capacity of the pig industries of the Philippines and Australia to produce food and livelihood support is constrained by disease, particularly respiratory and enteric diseases. As an example, respiratory diseases alone cause about 50% of all pig mortalities in the Philippines and losses of between \$55 and \$71 per sow per year in Australia. Previous ACIAR work established a diagnostic system that links field investigations, abattoir lung scoring and laboratory tests and can greatly benefit the production system. The current project aims to scale out these procedures.

THE PROJECT

In the Philippines, the project is taking an EcoHealth approach that encourages participatory, stakeholder-driven cycles of action-based learning. This work is also spreading improved disease diagnostic services into additional regions of the country. In Australia, the different industry nature has resulted in research with a focus on rapid, high-technology diagnostic assays to allow industry to implement more-focused and better-targeted disease prevention and control programs.

The Australian–Philippines pig production project is led by Dr Pat Blackall from the University of Queensland and is commissioned through ACIAR's Animal Health Program.

This project has provided an opportunity to strengthen the connections and relationships between relevant local and provincial government staff and smallholder farmers. The project actively engaged with the relevant local and provincial staff, and a strong community involvement in the project has emerged. The ownership of the project by smallholder farmers and local government officials has been enhanced by the project engaging a barangay (district) coordinator who helps champion the activities of the project within the 14 barangays involved in the EcoHealth research activity. Building these types of trusted

relationships and collaborative linkages between local/provincial government staff and smallholder farmers means that information flow and knowledge extension can continue long beyond the life of the current research proposal, thus ensuring sustainable and long-term improvements in the productivity of smallholder farmers. ■

ACIAR PROJECT AH/2012/066

Improving the production and competitiveness of Australian and Philippine pig production through better health and disease control.

MORE INFORMATION

Dr Pat Blackall (project leader),
Queensland Alliance for Agriculture and Food Innovation, University of Queensland,
p.blackall@uq.edu.au;
Mai Alagcan (Philippines country manager),
ACIAR, mai.alagcan@aciarc.gov.au;
Dr Mike Nunn
(animal health research program manager),
ACIAR, mike.nunn@aciarc.gov.au

Filipino Pork Adobo

Ingredients

- 1 kg pork shoulder, cut into cubes (about 5 cm)
- 6 cloves garlic, crushed
- ½ tsp whole peppercorns
- ¾ cup soy sauce
- ¼ cup white vinegar
- 2 bay leaves
- 2 tbsp brown sugar
- 1 tbsp cooking oil
- 3 cloves garlic, crushed

Method

1. Mix garlic, peppercorns, soy sauce, white vinegar, bay leaves and brown sugar in a mixing bowl. Marinate pork overnight.
2. In a pan, heat oil. Sauté three cloves crushed garlic then add pork. Reserve marinade for later use. Sauté pork on medium heat for about 10 minutes.
3. Add marinade, then bring to a boil. Boil for 15 minutes to 1 hour depending on taste. Fifteen minutes will leave you with a sauce; 1 hour will result in a drier adobo. Check and stir occasionally to avoid sticking to pan or burning.
4. Adjust sweetness and saltiness to taste.
5. Best served with steamed rice.

Serves 6



TIP
THIS DISH
TASTES BETTER
A DAY LATER.

PHOTO: ACIAR