

## Nieves' Binagoongang Baboy (Pork in Shrimp Paste)

serves 4

*Binagoongang Baboy or Pork in Shrimp Paste is a Filipino Pork dish that is perfect to eat with lots and lots of white rice. The name of this dish literally means pork in shrimp paste or pork cooked with shrimp paste. "Bagoong" is a Filipino (Tagalog) term for Shrimp paste, while pork is called "baboy".*

*I usually have this for lunch and I also make many versions of this dish — some versions us hot chili peppers, "for Abi" ... and there are the sweet and salty version. This binagoongang baboy recipe (also called pork binagoongan) is a simple non-spicy version. I added fried eggplants to help balance the flavor — this means that it can prevent us from eating too much rice.*

*I am using cooked shrimp paste for this recipe. You can use the ready-to-eat-shrimp paste that comes in bottles. Barrio Fiesta and Kamayan are good brands.*

Prep Time : 10 minutes

Cook Time : 1 hour

Total Time : 1 hour 10 minutes

### Ingredients

- 3 tablespoons cooking oil
- 1 1/2 lbs. pork shoulders cut into cubes
- 1/4 cup shrimp paste cooked
- 2 medium plum tomatoes diced
- 1 large yellow onion diced
- 1 teaspoon minced garlic
- 2 1/2 cups beef broth
- 1 medium eggplant sliced
- 1/4 teaspoon ground black pepper

### Instructions

Heat the oil in a cooking pot.

Pan fry the sliced eggplants for 3 minutes per side. Remove the fried eggplants and place in a plate. Set aside.

On the same pan, add the garlic, tomato, and onion. Saute for 5 minutes or until both onions and tomatoes are soft. Note: add more cooking oil if needed.

Add the pork slices in. Cook until the color of the pork turns light brown.

Pour-in the beef broth. Let boil. Cover and simmer for 45 to 60 minutes or until the pork is tender.

Add the shrimp paste. Stir and cook in low to medium heat for 3 to 5 minutes. Note: there should still be some liquid in the pot. If the pot is almost dry, add 1 cup of beef broth.

Add the fried eggplant. Transfer to a serving plate. Serve and enjoy!



This brand: \$5.25 at T+T

