



Bopis

NIBBLEDISH CONTRIBUTOR

Ingredients

- Some pork heart Chopped very tiny so it looks like little cubes.
- Small pork liver, also cut into tiny little cubes. Kind of like mince.
- Pork Lungs. Same cut as the above meats.
- 1.5 teaspoons of minced garlic.
- 1 RED Bell pepper, cut into small pieces. Cubed.
- 2 onions, minced finely.
- Hot Thai pepper (or hot chili pepper), about two, cut into pieces.
- S&P
- Some Atsuete oil. (optional but always a plus. You will find in Spanish or Filipino/Asian grocer.)
- 1/2 Cup of Filipino vinegar (or Vinegar will do.)
- Olive oil

Instructions

I love my my offals. This is a Filipino dish that makes use of a pork's organs; a poor mans dish and it is SPICY! Not for the faint of heart-- but it is very good. You don't even know you're eating offal. ;)

You can freeze this and reheat after.

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1. Heat your pan with olive oil and add your garlic and onion. Cook until onion is transparent.
 2. Add your offals and stir fry until it becomes very browned in colour. Add salt and pepper and continue to cook.
 3. Simmer on low/medium heat with vinegar for 10-15 minutes, or until you feel it's ready. The smell of vinegar will be strong, and it should be evaporated a little bit. (If you want more sour taste, add more vinegar.)
 4. Add the peppers at atsuet oil. Cover for another 5-10 minutes or until red pepper is cooked.
 5. Mix thoroughly, eat with white rice.