

# [Lechon Manok Recipe and Gravy](#)

Posted by [EPa](#) in [Food Processing](#)



What does Andok's, Baliwag's and Sr. Pedro's have in common? Yes, they're just a few who had very successful selling lechon manok — one of Filipino's all-time favorite dish, be it "ulam" for ordinary days, holidays or special occasions. You don't really need a big capital here, just start a few pieces of chicken and a small place for grilling, and you're off to a good start. Who knows, you could be the next lechon king. Here are several recipes I searched from the internet.

## RECIPE #1

### Ingredients

- 1 whole chicken
- 3 tablespoons of brown or white sugar
- 1 cup soy sauce
- 1 head garlic, minced
- 1 onion, finely chopped
- 3 tablespoons of calamansi juice or lemon juice
- 1/2 cup of sprite, 7up or beer
- 2 cups of tanglad (lemon grass) for stuffing
- 1 teaspoon ground black pepper

### Directions

1. Marinate the whole chicken in soy sauce, calamansi juice, minced garlic, chopped onions, soda or beer, sugar and pepper.
2. Let stand marinate in the refrigerator for 1 to 3 hours.
3. Stuff the chicken cavity with tanglad (lemon grass).
4. Cook chicken on grill or in oven until golden brown

## RECIPE #2 (from Nestle)

### Ingredients

- 1 kg whole chicken

## Marinade:

- 2 tbsp calamansi juice
- salt and pepper to taste
- 2 tbsp Maggi Savor, Classic
- tamarind or tanglad leaves for stuffing

## Liver Sauce:

- 3 whole chicken liver
- 4 cloves garlic minced
- 1/2 medium onion diced
- 2 tbsp cooking oil
- 2 tsp cooking oil
- 1 11g Maggi Chicken Broth Cube
- salt and pepper to taste
- 2 tbsp vinegar
- 1 bay leaf
- 2 tbsp breadcrumbs
- 1 tsp brown sugar or to taste

## Procedure

1. Rub chicken with calamansi juice, salt, pepper and Maggi Savor. Let stand for at least four hours, turning occasionally to marinate evenly. Drain and reserve marinade.
2. Stuff chicken with tanglad or tamarind leaves and roast in an oven, turbo or over hot charcoal. Add cooking oil to marinade and use this to brush chicken every now and then as it cooks.
3. Prepare sauce. Pound together or put on a blender chicken liver, half of the garlic and the onion. If using a blender, add a little water or broth to make a paste. Set aside.
4. Heat oil and saute remaining garlic and onion. Stir in liver mixture, Maggi Chicken Broth Cubes and seasonings.
5. Add vinegar and bay leaf. Simmer for 2 min. Stir in breadcrumbs; add sugar and a little more water or broth to reach the desired consistency. Adjust seasonings to obtain the desired balance of sweet and sour taste.
6. Cut up chicken into serving portions and serve with liver sauce.

## RECIPE #3 Using Native Chicken

### Mga Sangkap:

- 1 matabang inahing manok
- 1 itlog na nilaga
- 1 longganisa (bilbao)
- ½ kilo atay ng baboy
- 2 kalamansi
- 1 kutsarang toyo
- kaunting paminta
- kaunting mantikilya

### Paraan

Patayin ang isang inahing manok na mataba at alisan ng lamang loob. Kung malinis na ang manok ay ilagay sa loob ang lahat ng kahalong nababanggit sa itaas. Pagkatapos ay tahiing mabuti upang huwag sumabog ang dahon ng sampalok. Magpabaga ng maraming matitigas na kahoy at kung handa na ay litsunin na ang manok sa uling na gaya ng ginagawa sa paglilitson ng baboy. Gamitin ang mantika na pambasa sa katawan ng manok. Kung luto na'y hanguin.

Ganito naman ang paggawa ng sarsa para sa litsong manok. Lutuin sa baga ang atay at saka bayuhin sa almires. Magpabango ng bawang sa mantika at dito ilalagay ang harina o biskotsong dinurog at isang kutsarang asukal. Sabawan ng kalahating tasang tubig at timplahan ng asin at suka. Kung luto na ay hanguin at ihaing kasama ang manok. Lagyan ng kaunting paminta.

### GRAVY RECIPE

Follow these three easy steps on how to make an instant and an all-purpose homemade, but healthy Gravy:

#### Ingredients:

- 1 small carrot, peeled and chopped into rough 1/2-inch pieces (about 1/3 cup)
- 1 small rib celery, chopped into rough 1/2-inch piece (about ½ cup)
- 1 small onion, chopped into rough 1/2-inch pieces (about ¾ cup)
- 3 tablespoons unsalted butter
- ¼ cup unbleached all-purpose flour
- 2 cups low-sodium chicken broth
- 2 cups low-sodium beef broth
- 1 bay leaf
- ¼ teaspoon dried thyme
- 5 whole black peppercorns
- Table salt and ground black pepper

## Steps:

1. For about five 1-second beatings, pound the carrot till it is broken into roughly ¼-inch pieces. When carrot is broken, add celery and onion; pound vegetables till turned into 1/8-inch kaput pieces.
2. In a large saucepan, heat butter on a medium-high temperature; when the foam subsides, add vegetables. Stir continuously until it is cooked, softened and browned for about seven minutes. Slowly reduce heat. Stir the flour for about five minutes till it is golden browned and attained its yummy scent. Constantly beat with gradual pouring of broths and wait till it heats up. When it is boiled, cream-off any foam that shapes on its surface. Add bay leaf, thyme and peppercorns. Simmer and stir once in a while for about 20-25 minutes. Wait till it is thickened and reduced to 3 cups.
3. Strain gravy and get the fine-mesh texture into clean saucepan, press the solids to extract; discard solids. Adjust the seasonings with salt and pepper. Serve it hot.

*source: [dyaryoboy.com](http://dyaryoboy.com), [pinoywebsights.com](http://pinoywebsights.com), [nestle.com.ph](http://nestle.com.ph), [sme.com.ph](http://sme.com.ph)*