

Beef Shanks with Vegetables Recipe (Pochero)

Ingredients:

3-4 ripe saba bananas (plantains)
2 tablespoons oil
2 pieces chorizo sliced into 1-cm pieces
1 kg boneless beef shanks
2 liters beef stock
2 medium potatoes, peeled and quartered
100 g chickpeas
1 cabbage, quartered
2 tablespoons patis (fish sauce)

Dip:

250 ml patis (fish sauce)
125 ml calamansi juice

Method:

Peel then slice the saba bananas diagonally into 2½-cm pieces and set aside. In a frying pan, heat oil and fry the chorizo about 2 minutes on each side or until firm. Set aside. In a frying pan, heat oil and fry the chorizo about 2 minutes on each side or until firm. Set aside. In a stockpot, bring the beef shanks and beef stock to the boil, then lower heat and simmer for about 1½ hours, or until beef is almost tender. Add water if necessary to make sure it does not dry out. Add the potatoes and the bananas. Simmer for about 15 minutes more, then add the chickpeas and chorizo and continue simmering for another 5 minutes. Add the cabbage and season with patis. Simmer just until cabbage is tender crisp, about 2 to 3 minutes. To make the Dip, blend ingredients then divide into individual portions. Serve Pochero with rice and Dip.

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