

Beef Stewed in Beer and Tomato Recipe (Mechado)

Ingredients:

60 ml corn oil
1.5 kg beef top round, rolled, and tied with 500 g pork fat inserted (have your butcher do this for you)
1 medium onion, sliced
2-3 cloves garlic, peeled and crushed
2 tins chopped tomatoes
60 ml soy sauce
60 ml calamansi juice
250 ml water
2 bay leaves
2 medium potatoes, peeled and quartered
250 ml beer
2 medium carrots, cut into 1-cm rounds

Method:

Heat oil in a casserole or braising pan. Add the beef and brown all sides. Remove meat and set aside. In the same casserole, sauté onion about 1 minute. Add garlic and sauté until fragrant but not brown. Mix tomatoes, soy sauce, calamansi and water in a bowl, then pour into the casserole. Return beef to casserole and add bay leaves. Bring to the boil, then reduce to medium heat and simmer, covered, for about 1 hour. After 1 hour, add potatoes, beer and carrots. Continue simmering until potatoes, beef and carrots are tender, about 20 more minutes. By this time, the sauce will have thickened slightly. Remove from heat and discard bay leaves. Let beef rest for a few minutes, then slice into serving pieces and serve with the sauce.

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