

Beef and Vegetable Stew Recipe

(Kari-Kari Philippines Recipe)

Ingredients: Serves 6 - 8

2 kg oxtail, jointed
1 kg shin of beef on bone, sliced
300 g tender green beans, stringed and cut into large bite-size lengths
2 medium aubergines (eggplant), washed, remove stems and cut in 8 lengthwise wedges, then cut wedges into 3, crossways
3 teaspoons salt
3 tablespoons vegetable oil
2 teaspoons annatto seeds*
2 large onions, peeled and very finely sliced
4 large cloves of garlic, peeled and finely chopped
8 cups water
¼ teaspoon ground black pepper
½ cup uncooked rice
½ cup roasted skinned peanuts
2 tablespoons sliced scallions
2 tablespoons chopped celery leaves
2 tablespoons fish sauce, or to taste

Method:

Blanch oxtail and shin of beef in hot boiling water for a while and remove. Rinse under cold running tap water to remove scum and blood. Put oxtail and shin of beef into a pressure cooker with just enough water to cover and 2 teaspoons salt. Cook under pressure for 45 minutes. Allow to cool to lukewarm and strain. Chill stock in refrigerator so that fat may be lifted from surface. If no pressure cooker is available, simmer meat on low heat until almost tender, about 1½ hours. Wipe pieces of meat on absorbent paper so no moisture remains. Heat 1 tablespoon oil in a large, deep saucepan or fire-proof casserole and brown pieces of meat, putting in a few at a time and turning with tongs to ensure even browning. Remove each batch from pan to a plate. Pour off fat from pan and heat remaining oil, not making it too hot. Add annatto seeds or paprika/turmeric powder, cover pan because annatto seeds are inclined to pop and spatter, and warm on very low heat for 1 minute. Remove from heat and lift out seeds with a slotted spoon. Fry onions and garlic on medium heat in the annatto oil until soft and transparent, about 10 minutes. Return meat to pan, remove fat from stock and reheat it, then make up to 8 cups with hot water. Pour into pan, add pepper, bring to the boil then turn heat low and simmer, with cracked lid on pan, allowing a little steam to escape, until meat is fork-tender but not falling off the bone, and there should be sufficient liquid in pan to cover the meat. If necessary, add more hot water. While meat is simmering, put uncooked rice into a heavy frying pan and roast over medium heat, stirring frequently and shaking pan so grains color evenly. When they are deep golden in color, allow to cool slightly then grind to a powder in an electric blender or pound in a mortar and pestle. Tip ground rice into a bowl and blend peanuts until they too are reduced to powder. If some particles are large, sift and use only the fine powdered nuts. Test tenderness of meat. When meat is ready, stir in rice and peanut powder with a wooden spoon, stirring until smooth. Stir aubergines and cut green beans into the stew and cook, uncovered, for 10 minutes or until vegetables are tender but not mushy. Add 1 tablespoon of fish sauce, or more if desired. Serve from casserole or ladle into a large soup tureen. Sprinkle sliced scallions (green portion and all) and chopped celery leaves over and serve hot with white rice. If like, accompany this dish with extra fish sauce, soy sauce, a hot sambal sauce or (for real

Filipino eating) a sauce made from equal quantities of bagoong and lime juice; Chinese shrimp sauce is the equivalent of bagoong.

***Annatto Seeds** - also called "achuete". These are small red seeds for coloring and flavoring Filipino food. Substitute paprika powder and turmeric powder in given amounts but have to be careful not to overdo it because the color is much redder (annatto seeds give an orange color).

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