

Oxtail in Peanut-Flavored Stew Recipe (Kare-Kare)

Ingredients:

1 kg oxtail, sliced
1 kg ox leg, sliced
1.5 liters water for first boiling
3 liters water for second boiling
2 tablespoons oil
1 medium onion, diced
3-4 cloves garlic, peeled and diced
100 g heart of banana, sliced into 1-cm pieces (optional)
1 medium aubergines (eggplants), sliced diagonally into 1-cm pieces
100 g sitaw (snake beans), cut into 4-cm lengths
2 tablespoons annatto seeds
½ cup toasted peanuts, finely ground
½ cup toasted raw rice, finely ground
1 tablespoons bagoong (shrimp paste)

Method:

Clean oxtail and ox leg thoroughly, removing any remaining dirt. In a stockpot, boil the oxtail and ox leg in 1.5 liters water for about 10 minutes. Drain and discard the water. Return the oxtail and ox leg into the stockpot and pour in 3 liters water. Bring to the boil then simmer over low heat until meats are tender, about 1½ hours. Remove meats from broth and reserve broth. Slice the meats from the bones. Discard bones and set meats aside. In a casserole, heat oil and sauté onion for 1 minute, or until transparent. Add garlic and sauté 1 more minute. Pour in 1 liter of the reserved broth. Add the heart of banana if using, bring to the boil and simmer for about 5 minutes or until almost tender. Add the aubergines and sitaw and simmer until almost tender. Soak the annatto seeds in 60 ml of the reserved broth. Strain the liquid, pour into casserole and mix well. Stir in the ground peanuts and pounded rice grains to thicken the liquid then add the tenderized meats. Blend bagoong with 60 ml of the remaining broth and pour into casserole. Simmer for a further 5 minutes or until heated through. Serve with rice and additional bagoong.

Note: Toast the raw peanuts (or rice) over medium heat, stirring continuously until brown all over. Pound finely in a mortar and pestle or grind in a food processor.